



Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
Romans 12:2

Transformation is rarely an easy process, and it depends on your heart, not others. When all around you people are hurt, angry, and fearful, what are you? Are you also tossed back and forth by current circumstances? Do you let the fears and disturbances distract you from God's promises? No matter what is happening, we are to live without a spirit of fear. We are to lean into God's grace in our life. We cannot always avoid the challenges of the day, but we can certainly control how we react to them. Do your best and give the rest to God. Meet fears with prayer. Meet anger with compassion and recognize the pain and uncertainties fueling it. Combat isolation by reaching out to others. Deal with yourself and others with love and forgiveness. Pour out so much kindness that the darkness of current circumstances has no place to breathe.