

**Feb. 26, 2021**

**Text: 1 Peter 5:6-8**

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

**Devotion:** Jim Harger – “Safe Distancing Your Soul”

When I read this text from Peter’s letter to the early church, I am reminded of the pandemic we have been living through during the past year.

The COVID-19 virus has humbled us. The state-of-the-art medical facilities next door to our church have been overwhelmed. We have seen this virus threaten the health of our young people and end the lives of older persons. You can’t tell if someone is a carrier. This disease truly “prowls around like a roaring lion looking for someone to devour.”

Peter was not writing about a pandemic or our measures we take to protect our physical health. He was writing about guarding our spiritual health and the temptations that face us. He was writing about our selfish desires and our prideful sins. He was writing about our lack of faith and our anxieties over finances and relationships.

Peter reminds us to remain humble and rely on God’s “mighty hand, that he may lift you up in due time.”

Why should we put our anxieties in God’s hands? “Because he cares for you,” Peter tells us.

Peter urges us to be “alert and of sober mind” in our faith lives – like we have been masking and quarantining during this pandemic. If that’s the case, what social distancing do you need to practice in your faith life?

Prayer: Heavenly Father, keep us mindful of the threats to our spiritual health. Guard us from temptation by our enemy the devil as he prowls around, seeking to devour our souls. Amen