

## **Year of reflection**

This year should be a year of reflection. As a whole this earth is very sick. Is it Covid, climate change, or plain old pollution? I say no to all three. It's the human race. Did climate change buy up all the toilet paper? Did pollution come from the last presidential race? Was covid a result of lack of faith in this world? The answer (again) is no. Its people acting less than stellar. Do smokers toss their butts? Does big tech cheat on taxes and environmental protocols? What politician fights for the right thing compared to the popular thing? Sorry folks but the real problem with the earth is humans.

Some individuals think that people can turn this planet around. I hate conspiracies. They make fear and fear kills hope. Yet, I am beginning to think that humans are addicted to fear. Why is hope so hard to accept? I think it's because we desire fear. Humans are constantly using fight or flight. What is our go to trait? It's flight! We hate conflict and we hate being wrong. What if political leaders all over the world were human? Would they prefer to be right all the time? Would they set up the rules to benefit themselves? Maybe they fear having to fight for it.

The conspiracies are around. Is there a concerted effort to diminish the population? Is there a push to silence opposition? Why is that still a thing? It's because of fear. Have people fear loss of health and food. The political leaders look like saviours to those who fear. Do people fear death more than common sense? Why else did we buy up all the toilet paper? People horde gas and money. Humans gather but sharing is not as real as you think. People on average give less than 1% of there pay to charities. That's the average between rich and poor. Humans don't like to share because they fear not having enough.

What does God have to say? Isaiah 41:10 says “*Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*” That’s it in my mind. The free world was free because they were considered Christian. The Christian way is to live free and under God. Yet, many nations of the so-called free world have tried their best to take God out of society. We can’t pray in schools. The Bible is not used as it was in places like the courts. Even the use of the word Christmas has been curtailed. How can God take away our fear when we don’t want God?

I titled my first blog of the year “the year of reflection.” I wanted you and I to reflect on our human nature. The current atmosphere in society is that we are special. That each individual is important. Yes, that’s true. Yet, how we define our individual nature is the problem. We have let fear take over. Now the fear of failure or rejection is met with anger. How dare we cause any fear in people’s lives. Everything the individual does, says and identifies as must be protected. From a distance it looks good. Yet, the human nature is to fear things. Things like words, titles, and ambition. Accepting your fears as an attack on your character is a terrible idea.

We just need to stop. Just stop and reflect on what we fear. To fear rejection is a natural fear. Yet, to force others to accept you at all costs only creates more fear. The fear of using the wrong words or actions that might offend someone. The reflection is about seeing yourself as an individual. Different than others. It’s also seeing others different than yourself. We fear not being equal or better than others. In many respects we fear not measuring up. Yet, it’s created fear. A fear your addicted to because your human. Why is this culture called the fear generation? It’s because the fear addiction is real!

I saw a post that wanted society to honor blue Monday. The 21<sup>st</sup> of January this year is the most depressing day of the year. Do they want a holiday from it? Oh, I bet we do. Why not

have a national fear day. A way to honor the depressed and rejected. Again, it looks good because we seem to care. Yet, who in their right mind would make a day of depression? Is there a day of happiness? No, there isn't because we are addicted to fear. It's time that we reflect on what we watch. What we listen too. People could reflect on why they are depressed and what would give them hope. Yet, that not how we roll is it?

I know that God gives hope. I love the idea that God gives hope a place to stand. Does blue Monday do that? As humans we will always battle our addictions. Sex, drinking, and fear will always attack us. Yet, we can add hope, love, and challenges. I want you to reflect this year on your why? Why do you make this day a good day? Are you acknowledging fear all the time? Yet, where is a hope day in your life? Maybe putting God back in His rightful place would help? Clearly, not having God bring hope has hurt the human population. All they care about now is the next victim day of fear.