

I was talking with an older man several days ago who had recently lost his wife of nearly a half century. He was quite distraught and possibly in depression and anxiety about the future. He cited uncertainty, loneliness, grief, sadness, regrets, financial issues, and lack of motivation and energy as problems dealt with on a daily basis. Everyday according to his reactions were hard to face and like just waiting around to die. As a Christian he could not consider taking his own life but prayed for God to take him home where he could see his wife in heaven. All of his and his wife's dreams and goals were set aside after her death. The thought of enjoying life without the one he loved was unimaginable.

I began to wonder how someone prepares for this eventuality and even more so for those that are not older and only consider that every day ahead is going to be full of life and togetherness with the one you love. When young there are always plans for a new home, a new job, children to be born, and the love that holds a family together. The reality of those who have lived many years into their 70's, 80's, and even older never really gets considered until you get to the end as those important decisions of the past are really way in the past. The NOW of NOW is really NOW, and most people will not be prepared for NOW and TOMORROW and the NEXT DAY. No amount of preparation allows you to face the reality of death if it is your spouse or your children. Even death of parents whom you spent maybe 18 years of your life with is accepted better than the one you spent a lifetime with.

Love is truly the bond that holds two people together and provides the glue of dependence, loyalty, helping each other, doing things together, laughing with joy together, reconciling differences, planning, mutual decision making, comforting during bad times, laughing during good times, support for crying times and just plain living LIFE. The Bible says that man and woman in marriage are to leave their parents bringing together two people and joining them as one body. This is truly so for those that have been married for many, many years can almost know what the other is thinking because habits are ingrained and readily known by each other.

The Bible in 1st Corinthians 13:4-7 & 13 says: "Love is patient, love is kind, and is not jealous; love does not brag, and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not consider a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. But now abide in faith, hope, love, these three; but the greatest of these is **LOVE**".

Those that in their season of youth and growing toward maturity need to take these verses to heart, live with them and digest them as this is your pathway to your destiny and end-of-life. For those that already are in the season of the twilight years we must be thankful that through God's grace and mercy and His faithfulness and love for us "We have finished the race, we have kept the faith. Now there is in store for us the crown of righteousness which the Lord, the righteous Judge, will award us on that day-and not only to me, but all who have longed for His appearing" 2nd Timothy 4:7-8.

We believe we have life all sorted out and we are on the road to fulfilling our dreams and goals. But then the Lord God shows up and changes everything. What we do not know or realize is that He has another plan for each of us and that is our destiny which was established at the creation of the World. His plan and pathway to our destiny is the perfect plan that we must fulfill as He has a purpose for our life and it most likely is to affect others as to their purpose in life. We will naturally want to know what this means that has happened and now what should we do rather than why did it happen.

First, when you feel down and out, **wait with patience. Trust that God will be with you** through it all. He was with Jesus when the worst happened. He was with Paul through all the beatings, the stoning, the

shipwrecks, and everything else. He will be with you, too. That is why Paul can say that we are more than conquerors through Him who loves us. Seems easy to say but getting it done with a mind that is attached to the World and our emotions can be difficult. The Bible provides us the comforting grace and love of the Lord, reminding us of His glory and mercy. "**The Lord is near to the brokenhearted and saves the crushed in spirit**" (**Psalm 34:18**). Time is a healer but how does one spend that time until the heaviness of the situation passes? Next, we must **LIVE** life and not **Perform** life and live one day at a time while we draw closer to God Who is the Great Comforter and Healer. He will eventually reveal our pathway as we are listening to Him and abiding in His Word.

In my personal case with Linda passing in 2019 I was lost, lonely, experiencing grief, and struggling with each day with no motivation. I went to the cemetery each day for five months and sat at her graveside reading my Bible and praying for comfort and direction from God. I visited and became a member of Omega Center International, Perry Stone's church and began regular attendance on Tuesday night worship services. During this time, I began a memory Blog about Linda including the past and the happenings of the present. Thankfully, a young friend of Linda's came into my life for about a year that raised my expectations for each day where I had a companion to talk with, attend church with, and give help towards her reaching her goals and dreams. I realized that to **LIVE** life is to open up to **Knowledge, Understanding, and Wisdom** that is available to each of us through the **WORD of GOD** and available through the **LOVE** of others for us. The importance of the Biblical principle of "**it is better to give than receive**" became emblazoned on my heart. And really a fresh vision chases away depression and you realize that small plans have no magic. The failure of small plans awakens big plans to be undertaken. First one believes that their own thoughts are signaling their future steps but then with more reading and studying the **Word of God** you begin to realize that the Holy Spirit is providing the guidance you need. Can the Holy Spirit speak to us within our thoughts? Of course. And this Website of "**nofearoftruth.org**" is, I hope just one of many steps on the path to my destiny that I will take.