

St. Mary & St. Joseph Coptic Orthodox Church
11308 Yonge St, Richmond Hill, ON L4S 1K9

Daily Meditations • June 28, 2020

THE ROCK

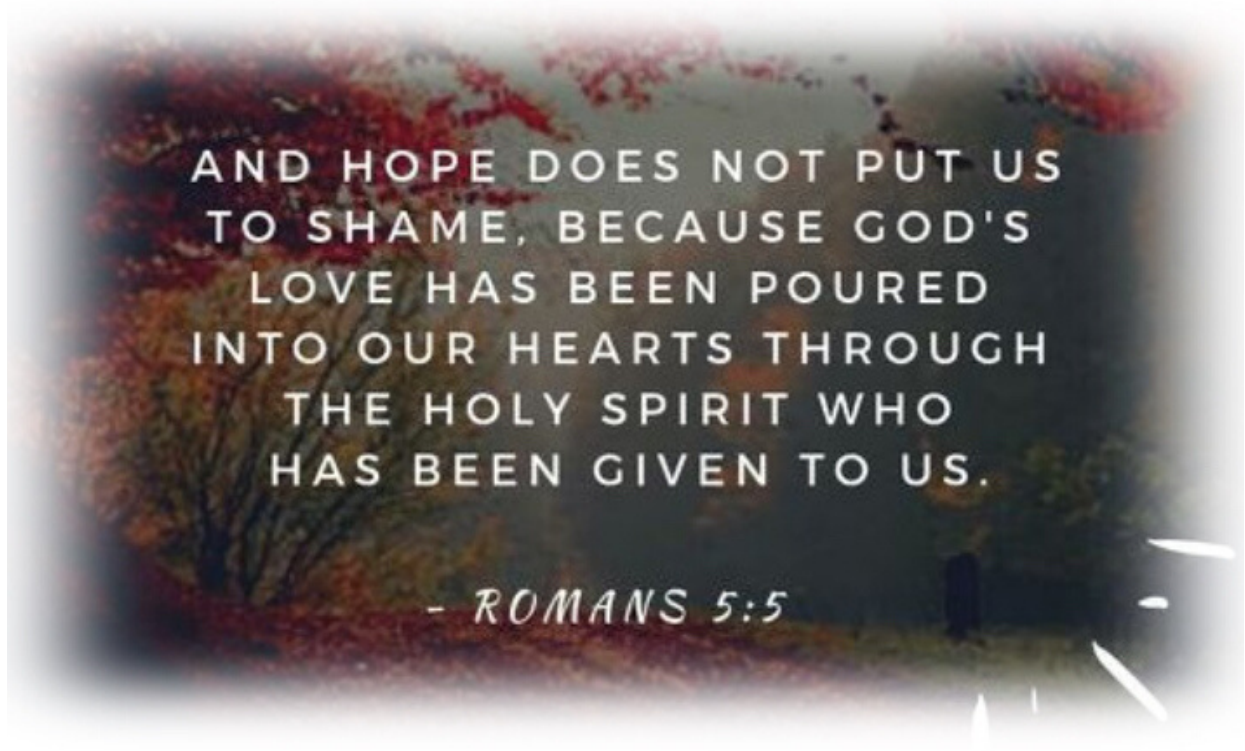
THE LORD IS MY ROCK.
- PSALM 18:2



Reflection on (Romans 5: 3-5)

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.





When the spread of COVID-19 began, I remember thinking that it was so distant and that I didn't have to worry about it. Not long after, though, it became a pandemic, and suddenly, our lives literally flipped upside down. I didn't know what to make of it, and as quarantine extended, it became really easy to see the world through a pessimistic lens. This verse reminds us though, that with every challenge we are faced with, there is also room for growth. We cannot forget this, especially now, as we begin to see cities opening up once more. We must take this struggle



that we are all facing, in varying degrees, and use it to better ourselves. We cannot let this struggle blind us of a greater one - the struggle that we all face to be better people, and better Christians. Just as we must remain hopeful in the most difficult of times, we must also remember that we can still work on ourselves, in the most joyous of times.



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