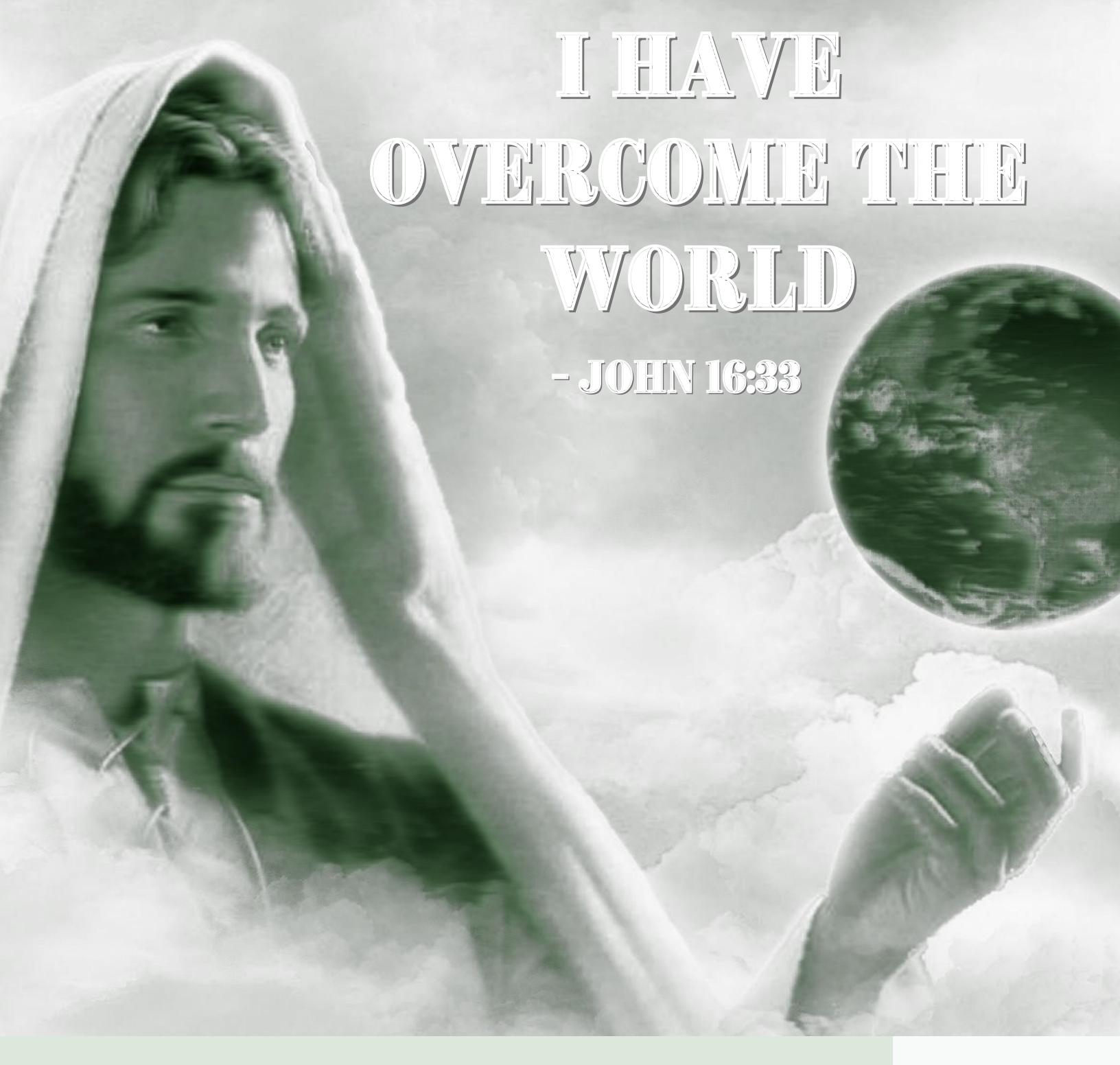
St. Mary & St. Joseph Coptic Orthodox Church

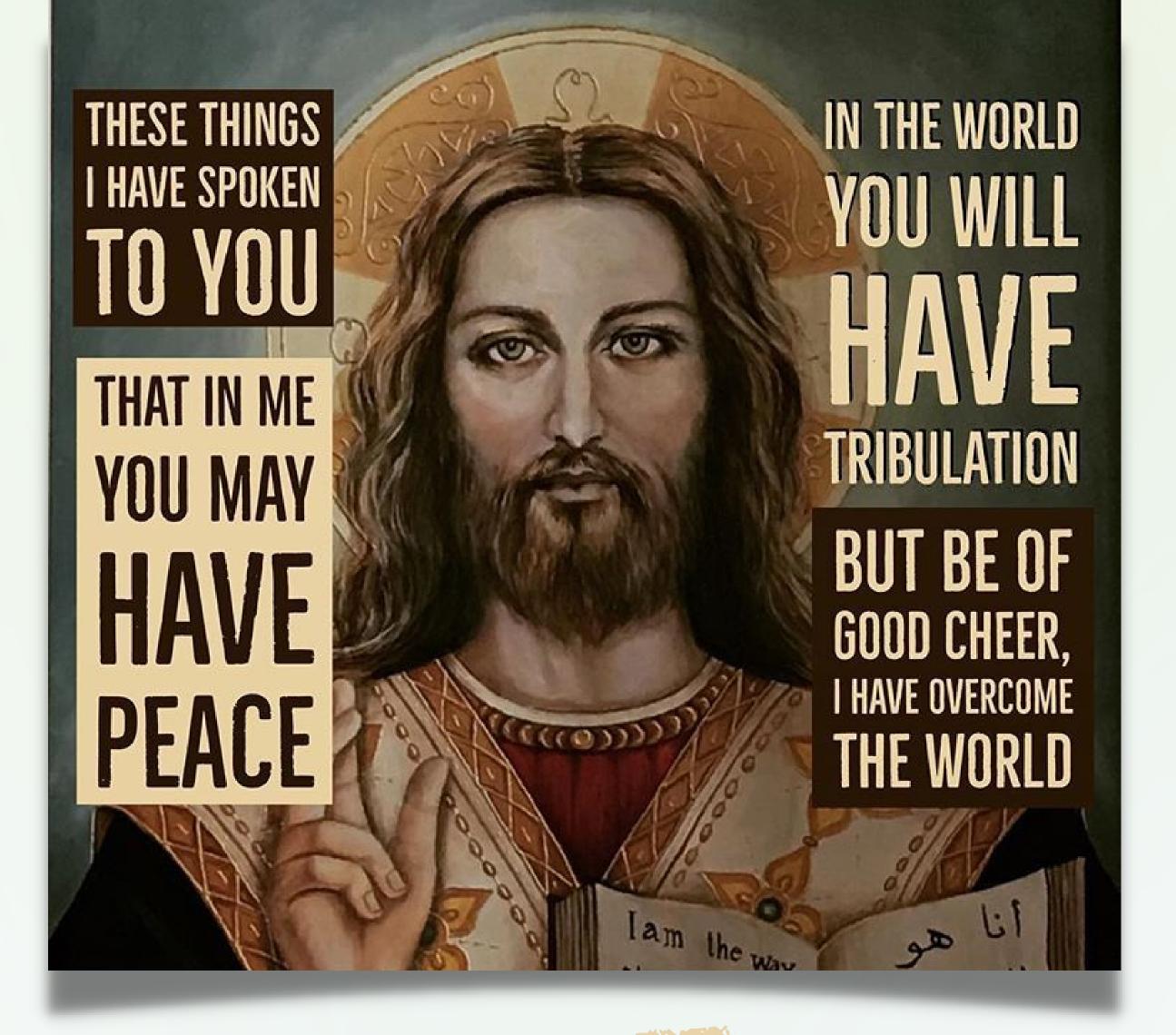
11308 Yonge St, Richmond Hill, ON L4S 1K9 I have overcome the world (John 16:33)

THE ROCK

THE LORD IS MY ROCK.

- PSALM 18:2





Reflection on



By B.K.

Here Jesus tells us to be of good cheer because He has overcome the world. He tells us that though we will have tribulation in this world, we should not be afraid, as He is in control and is watching over us. Though it may feel at times that God is not there because of the present hardships, He is always there and is more powerful than any storm you may be going through.

It is hard to fully trust in God and give all our worries to Him and to trust, as Jesus said, that "He has overcome the world". However, we must trust in God if we want to see a difference in our lives. Jesus had already mentioned before, actually, on multiple occasions, that we should do this and one time He said, "you believe in God, believe also in Me" (John 14:1).

Through faith Christ enters our hearts and we enjoy His victory for us. "And this is the victory that has overcome the world – our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God?" (1 John 5: 4-5).

The peace that the Lord Jesus Christ gives them offers the blessed, glorious life so that they may enjoy the spirit of strength and victory along with the heavenly comfort and divine support. He does not conceal from them the fact that in the world they will have tribulation. However, He asks them to be of good cheer in the middle of tribulation because He will be revealed in their life as overcoming the sinful world.

Pray that He may be your strength. Say to Him, 'In You, O Lord, is my strength'. Then, you will sing when people threaten you. And what you will sing are the words the Lord Himself has told you, "In God I have put my trust; I will not be afraid, what can man do to me?" (Ps 56: 11).

We will always face hardships, but how will you ever succeed if you keep falling into despair and hopelessness? We should work on building our faith and trusting in the Lord always as all things are possible with Him, and even though we may not see it now, He is always able to help us. No matter what.



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