



LUMUNOS

SHINE A LIGHT ON YOUR CALLING

Advent IV: Do Not Be Afraid

Luke 1:30. The angel said to her, “Do not be afraid, Mary, for you have found favor with God.”

Ruby Dee: “The greatest gift is not being afraid to question.”

Dear *{{First Name}}*,

There is scarcely anything more motivating, manipulative, or addictive than fear. Politicians know this when they try to make us afraid of each other. Aware that fear releases the neurotransmitter dopamine, the so-called “feel good hormone,” talking heads on cable news stoke our fears—to hook us into returning to their alarmist programming night after night. Advertisers also harness fear’s power. If we drive their car, take their pill, use their cosmetics, or purchase their alarm system, we can dodge misfortune—and be confident, healthy and wealthy, beautiful, secure.

How easy to slip into the grip of fear, and what a challenge to let go of it. But the latter is what Advent asks of us. Its wholly counter-cultural message, *Do not be afraid*, invites us to question our fears and their sway over us. “Do we really need to be afraid of *that*?” we might ask ourselves whenever we feel afraid. If the answer is *Yes*, other questions remain. Is our fear reasonable? Is it *worthy*? Why or why not? What might it be calling us to do? Where is God in our fear?

There are always things to be afraid of. That was as true in first century Bethlehem as it is today. Despite her fears, Mary agreed to take a risk. As a result, a baby was born—and with his birth, love came into the world anew. We too are called, as Mary was called, to bear love rather than fear into the world—into both the physical worlds in which we live and the interior worlds of our hearts and minds.

How might we prepare ourselves to be like Mary, so that when the angel whispers into our ear, "Do not be afraid," we find a way to choose love?

—Angier Brock



****Note from Staff****

Next week we will be sending our holiday greeting with a Save the Date for our first keynote of 2024, Diana Butler Bass! We hope you will also join us on January 30th for the [2024 KickOff to "Illuminating Change"](#).

Thank you for courageously listening with us this year - we wish you all the best for what's left of 2023 and our transition into the new year!

Thank you for being a part of the Lumunos community.

Full Newsletters + Archive





Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}

{{Unsubscribe}}