

Dear Mary,

I'm a new member of the Coptic Church. I didn't grow up in Church, quite the opposite. Speaking of God or even a higher power was forbidden. I got to know a friend in High school and we became instant best friends. I got to spend lots of time with her and her family. Two years later, I'm calling myself a Copt. Now that I'm "IN," my eyes are opening up to lots of hypocrisy that I could never have ever imagined, especially in the teen circles. What should I do? I believe in the doctrine but not the people. Newby.

Dearest Newby,

You are very wise not to believe in people; people will always disappoint us and fall short of our expectations. Our faith is not based on the behavior or integrity of people, thankfully or we'd be sunk! But hypocrisy is a difficult thing to bear. Even our Savior Jesus Christ addressed this very issue in Luke 12:1-3:

He began to say to His disciples first of all, Beware of the leaven of the Pharisees, which is hypocrisy. For there is nothing covered that will not be revealed, nor hidden that will not be known. Therefore whatever you have spoken in the dark will be heard in the light, and what you have spoken in the ear in inner rooms will be proclaimed on the housetops.

This is my advice to you. Keep your eyes on God and experience Him personally through His revealed word in scripture, through your personal prayer life, and through the teachings and mysteries of the Church. Go directly to the source of life. . . Do not allow yourself to be distracted by the corrupt image that is coming through rebellious and/or unenlightened lives. If you focus on your direct relationship with God, you will be transformed and in so doing, fulfill the words of Scripture: Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Matthew 5:16

God has blessed you with eyes that see. Use this gift to pray for your brothers and sisters to love the Lord and abide in Him. Also, ask Him to reveal any areas of hypocrisy in your own life. May God continue to bless you. Welcome home!

Is there a difference between stressed and too stressed? At which point does one's life become overruled by to do lists? Where is the stopping point? I'll start off by telling you why. First is the "I can't say No" problem but know, it's becoming the "I can't get anything done" disease. Worst off, I know my spiritual time with God is nonexistent. Can serving God take you away from actually knowing God? Could one reach an overloaded sense of NO GOD while actually serving Him? Awaiting your response, Gasping for Air

Dear Gasping for Air:

First of all, there are many components to your question. Let's start by clarifying the word stress. Many times we view stress as negative, yet stress can be positive or negative. Stress is a necessary part of life. Can we overwhelm ourselves with stress and perceive it as negative, i.e. be too stressed and overwhelmed with to do lists yes.

We can actually use stress in a positive sense to move us towards God. For example, when feeling stressed we should truly believe I can do all things through Christ who strengthens me (Philippians 4:13) and practice repeating this verse. Also when we are feeling overwhelmed we should exercise periodically, throughout the day, connecting with God through prayer and meditation. Now that is not to say, say yes to everything and test God by saying I can do all things...

In response to the second part of your question, I would like to clarify what you mean by serving God, since serving God brings peace. So in serving God one should ask - is it a feeling of obligation or is it truly serving God? This is something to be prayed about and discussed with your father of confession. May you experience His amazing peace.

Ask Me.

if you have a question
about ANYTHING,
send it to:

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