



Fear of the End Times Reflection



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Fear of the End Times

Date: / /

When Christians start to read the book of Revelation and learn about the end times, many express a lot of fear regarding what is to come. In today's simple reflection, we are not going to focus on the future. Instead, we are going to focus on how we can ground ourselves in this moment, despite how anxious our brain and body might be feeling. Let's focus on the blessings we can receive in this current moment, allow God to give us peace, and push away that spirit of fear!

Part 1: Checking In With the Present Self

1. Where in my body do I physically feel this fear of the end times right now?(Is my heart racing? Is my stomach tight? Are my palms sweating?) Describe the physical sensation and the core emotion you are experiencing in this exact moment (e.g., helplessness, paralysis, terror).

2. When my mind tries to race forward into future terrors, what is one tangible, stable thing I can focus on right now? (Write down three specific things in your immediate physical surroundings that can shift your focus and ground you in the present moment. e.g., the feel of the paper under your hand, the light in the room, the steady rhythm of your own breath.)
