

# How to Respond to World Events

Hoo boy! Watching the news can really do a number on us emotionally.

- The ongoing war in Ukraine
- The threat of China
- Democrats' distrust and cries of corruption against the Republicans
- Republicans' distrust and cries of corruption against the Democrats
- The immigration crisis
- The epidemic of sex trafficking
- The aggressive agenda of the LGBTQ+ community
- Fires, hurricanes, flooding ...

I could keep going, but that's enough news for one blog. How do you respond when you read the news?

**Ignore the news.** A study from 2022 shows that 38 percent of us selectively avoid important news events. This was especially true among adults under 35 because "the news lowers their mood." Who wants to come home after a full day of dealing with customers (and that annoying coworker) and fighting traffic to watch the news that brings them down further? The news is not exactly a musical comedy. So, what do they do instead? They veg out watching movies and shows on a streaming service. Yes, that's it: watch a movie full of crime and violence but avoid the real crime and violence.

**Rant about the news.** Based on the posts that fill my social media feed, ranting is quite popular. We should be upset by injustice—that righteous indignation even Jesus expressed—but ranting is a different matter. Jesus did something about that which made Him angry; He drove out those who were selling and trying to turn a profit off the Jewish sacrificial system (John 2:13-16). That's quite different from yelling back at the TV. Or spewing venom on social media toward those we disagree with politically.

**Worry about the news.** Worry is the reason a lot of people avoid the news. They are prone to worry, and the onslaught of depressing news only fuels that tendency. Those who worry stress over how the news will affect them. They worry about how the problem will be resolved—if it's resolved at all.

**Pray over the news.** Prayer is actually doing something. Ignoring, ranting, and worrying don't solve anything. There's nothing positive that comes out of those approaches. Ranting may make you feel good about your "righteous" stance, but that's it. Prayer, on the other hand, is going to the One who stands over and above the news and all that is happening on this planet.

- When was the last time you prayed for national leaders?
- When was the last time you prayed for wisdom and justice to drive decision making among our national leaders?
- When was the last time you prayed for the protection and rescue of the children and women enslaved in the sex trafficking world?
- When was the last time you prayed for those who lost all due to a natural disaster?

When the prophet Daniel received a vision of a great conflict, he couldn't ignore it. He didn't worry about it, but he did pray.

"The message was true and was about a great conflict. He understood the message and had understanding of the vision. In those days I, Daniel, was mourning for three full weeks. I didn't eat any rich food, no meat or wine entered my mouth, and I didn't put any oil on my body until the three weeks were over" (Dan. 10:1-3).

Daniel's mourning implies that he was praying and fasting. He sought God. Shouldn't we do the same? The psalmist also knew to look to the Lord. "Happy is the person who fears the Lord.... He will not fear bad news; his heart is confident, trusting in the Lord (Ps. 112:1,7).

God is greater than any person or any power in the news. Let's pray for His intervention, His protection, His will, and His glory. Let's ask God to step in—and do it in a way that brings Him glory! So, the next time you tune in to current events ...

"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God" (Phil. 4:6).

Don't ignore the news but trust it into God's hands.