

When the Black Plague was ravaging through Europe, legend claimed that the plague traveled disguised in the form of an old woman.

As the plague was about to enter a certain town one day, she met a farmer beside the road. Since she was hungry, she approached the farmer, "Look, I'm hungry and want to make a deal with you. If you will give me some food, then I will only take five people when I go into town. The farmer thought it a good deal, so he gave her some food.

Days later when the plague left the town, she again encountered the farmer who was furious with her. "Look", he screamed "you didn't keep your part of the bargain. You didn't take only five people, you killed five hundred!"

Replied the plague, "I kept my bargain. I only took five. The other 495 died from fear."

Be not afraid God and Jesus say many times in the Bible. God's promises are always kept and God will be with us no matter what. We are never alone. Take your fears to God and let God receive them to relieve your burden and then go and live life as the Beloveds you are.