

Tuesday Reflection for June 16, 2020

*Isaiah 40:31*

*But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.*

Could Someone Get 2020 a Snickers Bar?

If you have seen the television commercial you know that Snickers candy bars are supposed to make you feel more like yourself. 2020 has felt like anything but a normal year and it is only June 16!!! I do not know about you, but I am tired, weary, and stressed. Constantly dealing with the unknown, when will we go green? When can we go to hair salons and gyms? When can we walk into a restaurant and be served inside? When can we return to worship in person? Some many questions and no consistent answers. I would like to plan to get out of town but when is it safe to do that? And I understand that all of these issues are first world problems, so I feel bad even complaining about them. What are we to do?

As an occupational therapist I know that when you are feeling out of control the best thing to do is to look at what you can control and start there. Yesterday I decided to weed. It really needed to be done but I absolutely hate weeding. Somehow, I also manage to get poison even though I am always on the look out for "leaves of three." The simple act of pulling out the weeds and then looking at my freshly weeded beds I felt so much better. Perhaps it was the mindless act of pulling out weeds themselves, perhaps it was the physical activity on a gorgeous June day, perhaps it was the joy of looking at my weedless beds around my house. I do not know for sure and I guess it ultimately does not matter. What matters is the peace is brought to my fatigued and weary body and mind.

While physical activity brought peace to my body and mind, the Word of God brings peace to our souls. How wonderful to wake up each day and read the Word of God in Holy Scripture. God's words provide a steady source of nutrition and peace to my weary body. All the questions remain but with God's love I am more able to deal with them. May God's peace be with you this day.

In Peace,

Pastor Suzanne