

“The human spirit can endure a sick body, but who can bear a crushed spirit?” Proverbs 18:14 NLT

lectio // Proverbs 18:10-15

This verse seems to be tailored to these post pandemic days. We've had a lot of SICK people. In fact, I know of a whole family really sick from Covid-19 right now. They stayed diligently sequestered for almost the whole year. Are any of them vaccinated? I don't know. But they did their best to stay away from others for a very long time, but it finally got em. I think they will physically survive the virus. It will be really scary at times, but they will make it. And, with that their spirit, their PTSD (pandemic trauma stress disorder) will eventually bounce back too. But for those like a friend named Jim, who's spirit has been crushed MORE than a global virus, I'm not sure. The wisdom writers are correct. There's more to care for than just your body, we need to tend to our soul, our spirit as well. But how is that done? Stay close to God AND stay close with other people. Lean into God, trust him, spend time with him AND quit being completely alone with your own lying, stinking emotional thoughts! You may not have to breathe the same air with friends, but you gotta get out there and connect with someone. The WORST thing about depression or emotional stress is the desire to RUN, HIDE and become invisible! STOP being invisible! God sees your pain and will bring his peace into your life, but God designed us to be in community, family, friendships. We cannot bear the crushing of life, love even pandemics alone.

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Dad,

At one of the worse moments of my adult life, wrapped in a robe and completely freaking out in my mind, I just wanted to roll up and be alone or just sleep if possible. Yes, I was coming off of the worse two week flu I'd ever had. But still, I was in deep, deep trouble. And at the worst of that one Tuesday, I had to force myself to go out with Robin and be with a bunch of people at a restaurant. I did NOT want to be around anyone. But that night I was given a small sliver of hope that grew as the week went on. Thank you for being near. Thank you also for good friends to be around.

contemplatio

rest in the presence of God, allowing the words revealed to take root