



A GENESIS WEEK

*God, make a fresh start in me,
shape a Genesis week from the chaos of my life.
Don't throw me out with the trash,
or fail to breathe holiness in me.
Bring me back from gray exile,
put a fresh wind in my sails!*

Psalm 51:10-12 (MSG)

In 2014, a friend sent me the above paraphrase from Psalm 51 of Eugene Peterson's *Message* to help me with the low state where I'd found myself. The prayer helped a lot.

Do you ever find yourself there? Do you ever find yourself asking God to help you know what to do with your bad feelings? I find them so hard to get rid of sometimes and pretty soon they mushroom into a mood that overshadows everything. It starts perhaps with someone saying something to me that hurts, and the dark feelings grow and grow and I sink deeper and deeper.

I was grateful for this idea of "shaping a new creation out of chaos." It reminded me of the wildflowers I once witnessed growing on the floor of a burnt forest. New growth where there had been nothing but ugliness.

God can help us make a new start too. If God can make such magic happen in a burnt-out

forest, surely he can bring a fresh spirit to the lives of those who love him!

When we feel at our worst, when we remember the bad stuff in our lives—things that have happened, things we’ve done. God tells us to forget them. He tells us that all is now in the past. A new day has begun. He tells us to look to the future instead. To see what God has in his plans.

Imagine, shaping a brand new “Genesis” week—full of new thoughts, new activities, better feelings. The chaos gone.

What is your chaos? What can God help you with? Is it busyness? Not knowing what direction you’re going into? Or is it like mine was—just a plain old gloomy mood that won’t lift?

God can help us overcome. In the way he brought fresh growth to the floor of a burnt-out forest, he can help us start afresh. With the psalmist, offer up your prayer to God:

*“Bring me back from gray exile,
put a fresh wind in my sails!”*

I'm praying that this will be a “Genesis week” for you.

marja