



GOOD WORDS FOR A CRISIS

*but those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.*

Isaiah 40:31

“... when all about you, are losing theirs and blaming it on you.”

I started reading the poem *If* by Rudyard Kipling as I lay in an emergency room, the doctor attending me having asked me to read it out loud. He had found it in the poetry book I had with me. I was waiting to be transported to Essondale, the infamous mental hospital in British Columbia. This was 1965. I was nineteen years old and for the first time in my life learned that what I'd been experiencing for months—maybe years—was a mental illness.

© marja Bergen

Copy to your heart's content. Share. But don't sell.

I was distraught, yelling and screaming, not like the quiet girl I normally was. Someone had given me an injection helping me settle me down. And so, I was able to read these words. Slowly. Carefully. “...If you can trust yourself when all men doubt you”

The power and encouragement of those words came home, telling me that there was hope. Even here. Hope in this life for me.

Although this poem was powerful, I found something even better twenty years later. It was then that I found God, learning the incredible hope I could find in him. In the meantime, Rudyard Kipling’s words inspired me and gave me strength. Even now, the poem does wonders for me.

Imagine yourself in crisis, having a kind doctor asking you to read—to slowly read—the encouraging words.

Will it do the same for you as it did for me? Check out the following link to get to the poem.

<https://poets.org/poem/if>

marja