



GATHERING THE WILL

January 2019

Do you not know? Have you not heard?

The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; 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 40:28-31

Why is it so hard sometimes? So hard to even move?

As I write this, I've just managed to get off the sofa after eleven hours of sleep—a lot more than my usual five. It was not a good sleep. As I was waking up, I felt as if encased in a cocoon of sorts—a prison which left me unable to move.

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I had been feeling the guilt for a long while. This is not like me! How can I possibly find the energy to get into the shower and be ready for church? Maybe I should just stay home, in comfort and solitude.

Only a couple of days ago I had planned to make a to-do list for each new day before going to bed. An effort to be organized. An effort to fill the hours with activity. An effort to keep from incubating with my problems. What happened to that?

How well it had worked yesterday! As I drank my morning coffee I looked down my list and it brought the day into focus. I gathered energy—even enthusiasm. Jesus and the anchor he provided became part of my day, “. . . *an anchor for the soul, firm and secure.*” (Hebrews 6:19) The day that stretched before me held meaning.

But I did go to church and was glad I did. After worshipping and spending time with friends over coffee, I felt renewed. I—and probably most of us—need to be with people to feel alive. Loneliness—including emotional isolation—tends to kill the will. But when we do find ourselves lonely for people, remember that God is always with us. “*Never will I leave you; never will I forsake you,*” he says to us. (Hebrews 13:5)

Helplessness is not hopelessness. Even struggling to move off the sofa can make us feel powerless. But it isn’t hopeless. Put your hope in God. “*He gives strength to the weary and increases the power of the weak.*” (Isaiah 40:29)

marja