

Life changing pandemic?

Last week Anne's Reflection reminded me of the pandemic and lockdown .

I have been thinking about how most of life around us closed down during the pandemic; we were allowed only one hour's exercise a day, we could go out for food shopping although many folk chose to order their provisions on line and receive doorstep deliveries. Most other shops were closed, we couldn't see our families, travel was certainly a no-go, schools closed and people were encouraged to work from home. In fact for most people life took on a much slower pace.

As life returned to near normal I was determined that I would not take on too many duties, I would not get involved in as many things as I had before March 2020.

Last week Ray and I were away for a few days. One morning it was a great surprise to me that when I opened the door of the cottage we were staying in at Patterdale I was taken aback by the peace and quiet that I experienced at that moment. It became apparent to me how tired I was, how I hadn't been taking time to look after myself both physically and mentally. All my good intentions had disappeared. Admittedly much of what I had been doing I really enjoy I was rowing, cycling, trying to find time to paint, grand children, gardening, church involvement and husband of course, but I had neglected to take the time to think and reflect, to have a quiet time to be near to Jesus.

In my little book that I read on a morning "Jesus Calling", very often the reading on a particular day is so appropriate. The way the book is written is from Jesus' perspective. "There is a mighty battle going on for control of your mind. Heaven and earth intersect your mind; tugs of both spheres influence your thinking, come to Me and shut out the world focusing on My presence". "Rest in me my child, this time devoted to Me is meant to be peaceful, not stressful". "Let me show you My way for you this day. I guide you continually so you can relax and enjoy My presence in the present. Be willing to fight for this precious time with Me. Opposition comes in many forms: your own desire to linger in bed; the evil one's determination to distract you from Me; the pressure of family, friends and your own inner critic to spend your time more productively. As you grow in your desire to please Me above all else, you gain strength to resist these opponents." "Go gently through this day, leaning on Me and enjoying My presence".

Patterdale showed me how I had slipped back into my old ways of filling each day and feeling guilty if I wasn't busy when I should have been opening my heart and mind to receive Jesus' love in full measure. So many of us haven't learned the art of receiving, this is essentially an act of faith, believing that Jesus loves us with boundless, everlasting Love and taking time to savour this wonderful gift he has given us. Enjoying peace in His presence.