

IT HELPS CHANGE OUR PERSPECTIVE

Sometimes we need reminding that we are not the only person going through a busy or difficult stretch in life. Last week God found an opportunity to remind me I am not the only busy pastor serving Him. I was in correspondence with another minister on Friday about some documents that needed to be reviewed by him as soon as possible. He acknowledged receiving the documents but replied, "I will not be able to look at them before Monday because I have a funeral on Saturday, two services on Sunday morning, and then two more services on Sunday afternoon at area nursing homes."

I have a busy life at times as a pastor, too, not only looking after my own congregation but three others in Brantford. I also handle the administrative tasks for our Presbytery body. On top of this my wife and I are in a care-giving situation for two elderly people. Sandwiched in between all of this is keeping track of my teenage daughter's school, work, and basketball schedules. At times the busyness that comes with all of this can make me feel overwhelmed. However, when I saw this minister's busy schedule over the weekend, I no longer bemoaned about my own. I was grateful that my weekend was far less busy than his.

Sometimes we need this perspective or reminder that others are going through the same things we are or have it even worse. When we are going through stressful seasons and hardships, we often feel sorry for ourselves and think we are the only person going through these ordeals. But then we come across a story of somebody going through an even more difficult ordeal than we are, and it provides us with a completely different perspective. While it is helpful in that moment to gain a better perspective of what we are going through, we can find ourselves once again focusing on our woes in the days that follow. One thing that can help us to continually maintain a healthy perspective as we undergo these kinds of challenges in life is to ***talk with God***.

In **Psalm 13**, David was experiencing a very stressful time in his life. David's stress and anguish was evident in these words he directed towards God:

O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? (Psalm 13:1-2)

Four different times in these verses David expressed the anguish he was experiencing by questioning, "How long?" After expressing his true feelings to God, David then asked for the sparkle to be restored in his eyes. Isn't this what we all desire when we experience anguish and suffering in our lives: to be able to go through it with a better perspective. Because David spent time talking over his situation with God, he was able to gain the right perspective by the end of the conversation as reflected in these words:

But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the Lord because He is good to me. (Psalm 13:5-6)

Even though David was still going through these challenges in his life, we see him more at peace by the end of this conversation knowing ***he can always trust in God's love and goodness***. Like David we may not be able to control the duration of the events that might cause us anguish, but what we can do is take our eyes off our difficulties and spend time with God in conversation. By so doing, we will find God giving us the strength and confidence we need which provides us with a better perspective to put our hearts at peace. Let's make sure we do this in our moments of anguish.

Keep safe and God bless

Pastor Dean