

A Word on Wednesday from Pastor Tonia

"Eating Worms" 5/17/23

In all these things we are more than conquerors through Him who loved us. For I am convinced neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

(Romans 8:37-39)

Nobody loves me, everybody hates me, think I'll go eat worms. Not really appetizing, but at times we may feel unloved, unworthy, nobody cares about poor ol' me. Life is tough and things don't go our way. We feel that way at times. We feel sorry for ourselves. We get caught up in our woes and the world looks pretty bad.

We all have our own stress and grief, we may find ourselves singing, "Nobody knows the troubles I've seen." But really, if we all threw our problems in a pile, after looking it over – we'd each take back our own. Looking at others, really looking, helps us to step up and show love. It helps us get out of ourselves. We relate to one another's troubles, it makes them human, it helps us connect with each other. It gives us empathy and compassion.

When we feel blue, at the end of our rope, and we're ready to go eat worms, where do we go for affirmation, for encouragement, the strength to go on. How do we find the ability to attain joy, the one thing which can make this all better, the happy pill which will make us smile again? Good question. My gut reaction is, from experience, get out of yourself. Easier said than done.

I love the Psalms of lament. One, they offer comfort and two, they remind me I'm not alone in my wallowing, and three, they lead me in giving thanks and praise to God in all things. David had bad days, too. And he was a king and he was the apple of God's eye. I want to be him. On the surface, he appeared to have it all. But David was a sinner, he had regrets, he was sorrowful, he feared – for his life.

We all have troubles, we don't always see what's beneath the skin of that beautiful, or rich, or powerful, or popular person. While we are going through our worst, we can't forget they, too, have got their own worst. No one is perfect and no one is perfectly happy or totally at peace – except in God.

It helps to remember the rest of the line from our hymn – "nobody knows but Jesus." He has promised to be with us when we face our troubles. We pray God sees the afflictions we are trying to deal with and gives us the strength to handle them.

When we feel we are unloved, we are reminded, "For God so loved the world, He gave his only Son, so whoever believes in Him should not perish but have eternal life." And nothing, not death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Please pray with me:

*We come before You with praise and thanksgiving. You are God of all and we thank You for loving us and for sending Your Son to show us how much. Thank You for showing us Your love, from the beauty of creation to the care shown by a neighbor. Thank You for being with us in the tough times. For strengthening us when we are down and out. Thank You for promising us nothing can separate us from Your love. **Amen.***