

ARE YOU ENOUGH?

Do you have days where you feel “dry”? Days that your faith is running low, or at least your feelings about your faith... Some days we sit on that mountain top and worship and the feelings run high. It’s great! But suddenly you fall off that mountain, and you are stuck on a ledge with little emotion. I have actually heard people say that they felt God moved away from them. They are not as close to Him as they once were. I have felt that too, but the old saying is “if you are not as close to God, YOU moved, He stays the same!”. We know this to be true because the Bible tells us, He is the same yesterday, today, tomorrow and forever!! Dry is just a feeling. Maybe a season of feelings. But feelings, emotions cannot be trusted. They are often due to lack of sleep, stress or even those tacos you had for dinner.

How many times have we heard a couple who are divorcing say “we just grew apart”. Those are not “biblical reasons” to divorce. Roger and I have been married 51 yrs. We grow apart about once a week when we can’t decide on where to eat out. Just kidding of course but the fact is in all those years we have had some rough times where I would definitely say we “grew apart”. But that is just an emotion. Yes, love is an emotion, but it is so much more. God stays with us in our “ugly” days. The days we do not like ourselves. Hopefully, we give our spouses that kind of grace also.

When we had our marriage ministry I remember more than once a young mother saying “I am a terrible mom. I had no patience today, I screamed at the kids, I didn’t have time to help with homework, they got mac & cheese for dinner”. They would be so down on themselves. Well, my years of experience answered like this “The fact that it bothers you that you were not up to your best shows you are a caring mom. Now tell me, is everyone still alive? If everyone is still alive at the end of the day, it’s

a good day”. It was meant to lighten up the mood, but also to make them realize that we can only do the best we can, and somedays it’s a struggle. I am also sure moms have a “dry” day now and then too. Not when you don’t feel the love, but when you are so exhausted that it’s just too hard. So, the answer to the original question is this: YES! You are enough. You are enough for your family (men & women, even children). You are enough for God. On your “dry” days, read a bible verse or 2. Pray that God will fill you up because somedays we run on empty.

God is faithful! He never moves. So, scoot on over closer to Him. Feel the comfort, feel the “filling up” like it was a summer rain.

Lord, we are such imperfect people. Don’t let us drift too long. We need you desperately. Amen!

Shirlene Peterson