

Precis "When Life Gets Hard"

Reverend Hugh Reid July 3

For many, the Covid pandemic has made life very hard. Job loss, emotional and physical isolation, and depression, amongst other negative disruptions have brought many to the low point of asking what's the point of living, "why am I here?" It is not surprising that there has been a steep rise in mental emotional illness, depression and alienation in the post pandemic modern western society as our culture has lost its spiritual resilience and its spiritual heart. In 1 Kings 19, we find that even Elijah experienced feelings of deep despair. After the emotional high of defeating the priests of Baal and Asherah, he was forced to hide from enemies who were searching to kill him. Alone in a cave, he asked "Why am I here?" He even asks God to take away his life. Elijah's story provides strategies for coping with the stresses of life that include the simple but important remedies of getting enough sleep and enough to eat but also addressing the fundamental and central question of "What are you doing here". Like Elijah, we can search for answers in the wind, earthquakes and fire. Or we can listen for the answer in the still quiet voice of a loving saviour who accepts us as we are, forgives us even from the cross and loves us unconditionally.