

## MINISTERIAL HEALTH COMMISSION – THOUGHTS FOR WELLNESS



### Words of Encouragement

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*"I waited patiently for the Lord; he inclined to me and heard my cry." Psalm 40:1*

*"As a deer pants for flowing streams, so pants my soul for You, O God." Psalm 42:1*

*"Blessed is the one who considers the poor! In the day of trouble, the Lord delivers him." Psalm 41:1*

The catch-all acronym for the stuff that keeps you safe in the pandemic is "PPE." That, as you probably know, is "Personal Protective Equipment:" masks, coverings, sanitizers, face shields, etc. What people often forget, even in the Church, is that focus upon PPE is not the final answer to keep our lives free from fear.

If the Church had an acronym for what to focus on instead of PPE, it might be "PPS." That stands for three things believers always have had to protect us from fear of any kind and better than the news, the science, the doctors, and the politics.

"P" stands for "Patience;" it may well be that our patience, that grows thinner as we languish and wait, is exactly what will overcome in this time. The Psalmist [40:1] has praise for it. Indeed, knowing God is there increases our patience, for we know there is a better end and future in Him.

The other "P" is for "Prayer." The Psalmist compares himself at prayer to a thirsty deer. [42:1] If the only thing we do is lament or complain to God what we miss, like those who plan menus while drifting on a life raft, we are at least laying our complaints at the right feet, the nail-pierced feet of Jesus.

"S" is for "Service." New or usual opportunities to serve are a third and historic focus. Service protects us from the self-absorption that can make us owly or rude. God will always give enough so we can share with someone. The Psalmist recognized this long, long ago [41:1].

Get your "PPS" on. It can help like nothing else, as we carry on patiently waiting, praying, and serving, not just until the pandemic ends, but until the Lord Jesus returns.

*Note: These thoughts come out of reading from the Lutheran Theological Review article by Thomas J. Korcok "Ponderings on Pandemics, Patience, and the Church" [Vol.32 (2020)].*