

Sick of Being Sick

"The heart of man plans his way, but the Lord establishes his steps."
Proverbs 16:9

The last time I was sick it took me over three weeks to feel like myself again. Way too long, in my opinion! I'll spare you the raw details of my illness, but you'll get the picture when I admit I ate bad poultry. The entire ordeal left me feeling physically and emotionally rotten. Eventually I realized I was disappointed and down primarily because I felt sick.

Sometimes I forget my humanness. The illness-induced slow-down felt like non-activity to me. Lying around during the day in order to recover caused me to fall behind on my to-do list and I didn't like it! "I am just done with being down!" I ranted to myself.

"This getting-better-business feels unproductive and unpurposeful, God," I prayed. "Would you please help me find meaning in this recuperation time?"

Thankfully God doesn't scold me the way I scold myself at times. I may say, "Chill out, Young Lady, you need to heal! Shape up and accept your limitations. Just relax!" Yet instead of shaming me into better behavior, God remains patient and understanding with me. He knows that it's difficult for me to take the time to heal and He assures me that He's with me and will work in His best timing. Over the three weeks recovery time, I searched for hope in my daily devotional readings and quiet times with God.

God kindly pointed out some words in scripture that helped me change my outlook. The words included: listen, observe, watch, receive, behold, and look around. These words relaxed me. I tend to associate fast movement and high productivity with being purposeful and useful. During episodes and seasons of sickness, I'm thankful God assures me of His love and still allows me to participate in His good plans for my life.

Lord, left up to me, I would move at the speed of light and check off everything on my daily calendar before noon! You remind me that you created me to be a human being and not a machine. Thank you for giving meaning to the acts of waiting, beholding, and looking around. May I not wait for the next illness to stop and appreciate these loving gifts.