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|  | By **Martha Rodman** on February 20, 2025 |

*The Lord will strengthen him on the bed of illness: You will sustain him on his sickbed. Isaiah 41:3. NKJV*No blog was written last week, because I came down with the flu. It wasn't fun (and in fact, I am still recovering from it). Maybe it was my feverish brain, but I began to ponder, what is the "right" way to deal with sickness. Or is there a "right" way?The first couple of days were quite rough. I managed to send a message to my Life Group team, letting them know we would not be meeting. It brought offers of help and prayer! I admit at this time, I was too ill to really deal with "ministry guilt", that came later. My dear sister came to my rescue. She went to the store and brought meds and various quick nibbles. She filled all my straw cups (I had three by my bed) which made it easier to keep hydrated. Because this wonderful "Bug" came with throwing up the first day or so, I really couldn't keep things down. It made me reluctant to try and eat anything.By day 3 and 4, I started trying to expect to be over it. I tried to catch up on my devotional reading plan. I was grateful for the ability to listen to the Bible. My eyes were hurting too much to focus and read. Some of the ladies in our Life Group are dealing with difficult things. I wanted to pray magnificent prayers. I ended up trusting the Lord to intervene. I feebly mentioned their name before Him. "Father, I trust you with my friends".Somewhere in this journey, I remembered I was supposed to host and lead another meeting for our Senior Life Ministry Planning team. I was able to find my laptop and send out a cancellation notice. This consumed more energy than I expected, so back to bed. The ministry guilt started to raise its head. Push through, you could have worn a mask...what's wrong with you? Living through some out balanced teaching of healing can really affect your soul at this stage. I had to remind myself, that Jesus is the Savior and Healer, not me. My energy level, brain focus ability and body simply would not let me do more than rest in His love. Trusting His grace.The good news of God's faithfulness was apparent, when I received a phone call from a hurting friend. God's Spirit showed up and I was able to speak life, focus and help into the situation. I felt so wimpy at first. But as we talked, my care for the person helped me tap into His Presence with God's Truth. I did take another nap after the phone callLiving alone and being sick is not for the faint of heart. My son, who I probably got this from, was a few days a head of me, so I monitored his progress via his wife. He has recovered. I'm on my way, just dealing mostly with fatigue and sinus congestion. I appreciate the texts and encouragement that people were praying for me. Somehow there is a balance between being remembered and overwhelming with questions about how you are feeling!So once again, I've learned to rest, trust and enjoy Him, even when I don't feel well. As a younger believer, I used to feel guilty and shame over sickness. I thought it was a sign of weakness, now I've learned better. If nothing else, it reminds me that I am made of flesh. It helps me understand the afflictions of other, and I've learned to give myself much more grace. My friends, let us be gracious to ourselves and each other. I'm asking the Lord about changes that should be made, but in the meantime, I choose to rest in His love, and going to take another nap! |