

Spiritual Reflection for November 2019

Rain, Rain, Reign

It was another rainy morning! One just like the one before and the one before that. I woke with rain outside and rain inside. It took some time, but I finally realized that it was God's Reign that would clear up my heart that morning. Let's reflect on rain, rain, Reign.

There are times in life where we feel rainy inside. Sad, blue, broken, weary are all words to describe a particular emotion one experiences from time to time and I would liken this feeling/emotion to that of a rainy day (or maybe 3-4 in a row), damp, dark, dreary, you get the idea. These emotions, however, are not the emotions most people want to hear about. So, they often stay bottled up.

I have encouraged people over the years to find someone who will listen to their rainy day emotions as I have learned from some amazing people that expressing one's emotions is part of the healing process. I called one of my sister's and asked her to help lift my spirit. It had been really hard to get moving. She listened. She shared. She helped me normalize my feelings. It was good to talk about the emotions I was experiencing and to hear myself accept these emotions as my own. I thanked her for her ear and continued to walk.

It occurred to me that in feeling rainy on a rainy day it would ultimately be God's Reign that would draw me out of this down emotion. I talked with God about the feelings in my heart, my desire to shake the low mood I was experiencing. We read in inspirational books and in the bible about God's invitation for us to come to him. In Matthew 11:28-29, we read, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your soul."

In every burden, in every disappointment, in every struggle, in every low point, God promises to give us rest if we come to him and place our burden at his feet. He reigns! He is sovereign over all things. My walk continued with a song in my head. It was a song from several years ago by the Newsboys, titled, *He Reigns*. I looked it up on YouTube and listened closely to the words letting the melody settle in my soul.

My eyes were drawn to a couple of posts listed below the video and I smiled to myself. One person asked, "Does anyone else ever turn this on when they're alone and just blast it at max volume and give it all to God?" Another stated, "Whenever I feel depressed, I listen to this and sing along. Then I pray and I feel as if I have been healed." The song had this effect on me when I sang it that morning and it was comforting to know that others feel lifted up as they listen to it, as well.

As I allowed myself to work through the emotions of that rainy day, it was comforting to find these words in Revelation 19:6, "Then I heard what sounded like a great multitude, like the roar of rushing waters and like loud peals of thunder, shouting: "Hallelujah! For our Lord God Almighty reigns." What powerful words and what a great way to let the rain, the thunder and the lightening remind us of God's Reign in our lives.

Today the sun shines and even though we know there will be days in the future when rain will again come both inside and out, we must vow to remember the order of importance as it relates to our understanding of God's love for us. Rain. Rain. Reign!

Questions to ponder:

When have I experienced a rainy day in my heart?

Who can I talk to when I am feeling blue?

How does God's promise to carry my burden make me feel?

How do I release my burdens to the Lord God?

May God's Peace be With You,

Tammy Koenecke, RN, BSN, MASL

