

LWML *Texas* District

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Meditation

Strength Through the Mundane

There are days you wake up and the world is a beautiful and shiny place, filled with hope, joy, and promise. However, there are also days where it seems all is stacked against you.

It is a struggle to do what you must. Things that you love are tedious and laborious. The milk has turned, the kids are unkept, and the most mundane seems like the ultimate chore. The tasks, which never seem to bother, weigh like bricks tied around your neck. Those days are an emotional and, also, a physical struggle.

What are we supposed to do when the world is crashing, yet somehow isn't crashing? We have experienced far worse days — days of dread, illness, genuine stress, and overwhelming work. Yet, these days with the mental blocks, the unseen, yet felt, stressors, and the mundane darkness, almost seem harder than the battle days.

When things are legitimately stressful, it's almost easier for us to fall on our knees. We know to run to our Heavenly Father, the giver of all good gifts (Luke 11:13) when we face bona fide troubles. The devil is also at work in the mundane, the days that feel stressful for no reason. We cling to the hope that God will give us His armor, His shield of faith, to extinguish all the flaming arrows of the devil (Ephesians 6:16).

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast what is good. Abstain from every form of evil. Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it (1 Thessalonians 5:16–24).

God has given us the ability through the gift of His Holy Spirit to rejoice, pray, be thankful, test the spirits, and withstand evil around us as small or as large as it may be. Praise be to God our Father, for His strength amidst the mundane and the intense battles.

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