

Patterns of Grace and Gratitude Week 6

Tuesday, May 18



“Maple tree whirlingig seeds”

The LORD is my light and my salvation.... I have asked one thing from the LORD—it’s all I seek: to live in the LORD’s house all the days of my life, seeing the LORD’s beauty and constantly adoring his temple. Because he will shelter me in his own dwelling during troubling times; he will hide me in a secret place in his own tent; he will set me up high, safe on a rock. Psalm 27:1 and 4-5

Thoughts from Mickey Jones for today: During this time of pandemic, I have noticed several media stories about the tremendous toll this period of isolation and uncertainty has taken on people’s well-being and mental health. My reaction to this has been both an intellectual exercise and an opportunity for me to consider grace.

See, I have always lived with depression and anxiety; it did not take a pandemic for me to feel their effects. The intellectual side of me has been interested to see the topic discussed so openly while the cynical side of me has thought that the only reason we are hearing about this is because finally the number of sufferers made it worthwhile news.

Where is the grace in those thoughts? Of course, the grace comes from God yet again providing hope in dark times, once again making something positive come from something negative. No one can feel gratitude for a pandemic, but I am able to see that these trying times have forced the world to acknowledge what I have always known which is that mental health should be talked about, de-stigmatized, and that resources need to be made more widely available.

I am grateful for that. It is truly through the most difficult times that God’s grace is the easiest to see. It

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is so important to remember that we are never alone when we have a belief in God. How thankful we should be for this truth.