

Buried  
Thursday, December 10, 2009

How did you survive the first blizzard of the season? How was your day?

I was looking forward to hanging out inside and watching the snow fall and the wind whip the snow around. I was looking forward to getting a lot of writing done and hanging with Debbie and our dog, Micah. I was looking forward to those things.

But when that little pin broke on the snow blower and my plans changed from doing most of the snow removal with a machine to doing it by hand. At the end of five hours of moving snow off of the places I didn't want it, I was pretty exhausted and wanted a break. I got that break. Eventually, it felt good to sit inside. I never did get the amount of writing done that I wanted to yesterday.

After a couple of doses of ibuprofen, I am starting to feel as if life is returning to normal.

On my way to church this morning, I drove past a car that was completely buried in by the side of the road. It was a white car, buried under mounds of white snow. I wonder how the snow plow missed smashing that vehicle to begin with.

I realized that this is how so many people in our world are feeling today. They are feeling buried. It might be that this first snowfall, was a tipping point for them. There are moments in each of our lives when we can feel buried by the crush of the pressures of living. Often times the challenge of being buried isn't as easy to fix as a pin on a snow blower and a couple of doses of ibuprofen.

When those moments of feeling buried come to you, what do you do? How do you face them?

For my part, I try and break down the tasks I have to small, steps. It is kind of like removing the snow from my driveway without a snow blower. You just have to do it one shovelful at a time. When I am feeling overwhelmed, I look for how I can complete a task, one small step at a time.

I also try and remember what Jesus said, "Come to me you who are tired and have heavy loads, and I will give you rest." Jesus invites us to turn to him when we are overwhelmed. This is important for me to remember. Because when I am feeling tired and buried, it is often because I am trying to do too much on my own. I am not inviting God to help me. What about you? Are you willing to turn to God when you are feeling overwhelmed and buried?

My hope and prayer is that the next time you find yourself buried, that you will turn to God. I hope that you will invite God to be a part of helping you to find a solution. I hope

that you will work into your lives those practices that will help you deal with the challenges you are facing in a way that is healthy.

In the hope Jesus offers us,

*Rev. Scott Carlson*

*The Mission of Sun Prairie United Methodist Church is to invite and welcome people to be committed and compassionate followers of Jesus Christ through worship, through spiritual growth, through fellowship and through service to others.*