

# The Year 2020

The year 2020 has been a year, and we're only half way through it. What will the other half will bring? Giant spider invasion? Flying snake infestations?

Daily we stagger around, pretending we're fine while we deal with the cultural shifts.

Truth is many of us used up our last straw three headlines ago.



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Thankfully, due to the mask requirement no one can see the stress lines etched on our faces.

## The truth about my 2020 stress level



Am I stressed? Hmm, let's see. In the past year I changed careers, switched churches, experienced a global pandemic, and dealt with a significant health problem. An adult child move back home, sons 1 and 2 got married (#covidweddings), I sheltered at home, and I spent 3 months Zooming with my students in a little room in the front of my house. Yep, I'm a little stressed. It's time to get real about our thinking and feelings.

# The truth about my 2020 feelings

Honestly, there have been times this year when I've felt completely untethered. It's a struggle to get up and jump on the crazy train each day. I wonder what's the use?

All the while pray for my country, my president, my family, my fellow Americans and things still seem to continually spiral down. I've struggled with short bouts of depression, and at times I can't seem to find joy in anything (baking, sewing, riding my bike, CHOCOLATE). America seems to lost its bearings. Same. Where is all this headed?

## Count it all stress

We're Christians for crying out loud. Are we supposed to count covidstayathomeelearningssocialunrest all joy? Must we give thanks in everything?

Yes. Why? Not because all things are good, but because they will be used for good. Therefore, we give thanks now for the later joy. Hard things shape us, knock off our rough edges and sculpt us into the image of Christ. Hard things keep us humble, on our knees, and in the presence of our Father.

## What should we do?

Read Ephesians 6. What does God provide? Armor. We weren't put on this earth for a Christian vacay. It's time to armor up buttercup, and join the battle. In this present challenge, find a way to use your gifts for others. And then, ceaselessly pray about everything until you make it to the other side.

## In closing

Maybe God has untethered us because we were tethered to the wrong things. Do we trust in America or do we trust in God as

our money says (the money shortage is another post)? God is not surprised by what is happening. This is not the end of the world. Believe it or not, God is using all this in the next step of His plan. It will all turn out for our good and His glory.

How are you dealing with 2020? Please leave me a comment in the reply section below. I'd love to chat with you!

*Mary Kane*

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## **Resources**

Do you need a little help managing your 2020 stress? Please click on the links below:

Stress and Anxiety Attacks

Stress and Anxiety Part 2

Stress: Experiencing Real Rest