



# A Better Story

## FCCNH 2022 ELDER MEDITATIONS

25 DECEMBER 2022

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Over the last few years, anxiety and depressive disorders have skyrocketed. During the pandemic, we saw a high number of resignations, new or increased substance use due to stress, suicidal ideation, and difficulties with sleeping and eating.

It seems as if it has been getting darker and darker for individuals, families, communities, our nation, and the world. The darkness can be overwhelming. The darkness can feel as if it is a tomb.

A tomb for us. A tomb for our joy, hope, peace, and love.

Yet, as followers of Jesus, we know that the worst is never the last. We know that the most painful moments are never the last.

I do not claim to have all of the answers, but I do know that the darkness of this moment is not a tomb. The darkness of this moment is a womb. It is a womb of something that is yearning to be birthed into the world.

The psalmists penned that God knit us together in our mother's womb as God intricately weaves us together in the depths of the earth.

Scientists have confirmed that we have been wrestling with spirituality. Doctors have learned that there is a glimpse of light in the womb - somewhere between .1% - 1% light. It is quite dark, but it is in the darkness where we are created and woven together!

My hope and prayer for you on this day and always is that you will see how God is seeking to weave you together again in the darkness that is the womb.

We see this in the life of Jesus as He went through the darkness of temptation in the wilderness in Luke 3. He endured through the difficulty, and it was only then that He had the clarity to state His purpose in Luke 4.

So, yes, this moment is dark, but for all of the right reasons! As we move into a new year, may you be aware of the light that was nurtured in the womb that seeks to be born in your heart and our world!

Merry Christmas!



Pastor Jonathan