

How to get through the Monday after Easter Spiritually Surviving Covid-19

How to deal with the Monday after Easter

Easter is one of those big days. In our spiritual lives, family lives and church lives, it is a highlight of the year. We plan for it. We anticipate it. And like other big events, it ends quickly. But then what? Then comes as a not so normal the Monday after Easter, it is a Monday with the added baggage of Covid-19. How do we deal with such a Monday after Easter? Perhaps these suggestions will help.

- Remember, the bigger the up in life, the deeper the down. That is, most all of our spiritual highs are followed by spiritual valleys—where we can learn to trust that in our ups and downs, we are always in the care of God.
- Give thanks for the event of Easter Sunday. Events are things we remember. It is great to have victories we can measure, no matter how small. For many of us, Easter Sunday was the biggest Sunday of the year. Be grateful for it. Know that God gave you something special, a time to enjoy Him in a new way.
- Don't measure the rest of your life by the event. Events, no matter how big or small, aren't the measure of life. That is, if you felt especially close to the Lord on Easter Sunday, it doesn't mean you'll walk with Him this week. Events are great. But life is measured in totality, not just in events.
- Stop for a time today and take a deep breath. Then PRAY God to redirect your thinking past Easter Sunday to a longer view. That is don't limit the blessing of Easter Sunday as a thing of the past. The blessings you enjoyed on Easter Sunday can be enjoyed more and more each day, if you set some goals for the long haul. How can you have more of that joy a little more to day and next week? How can you touch people next month? How will you walk with God 6 months from now? Be an Easter person.
- Anticipate the joy of the next Christian holiday. It's coming. Unless Jesus comes back (the ultimate event), we will have Christmas and Easter again. And those will be grand times to celebrate. And like we did yesterday, we hope those holidays will honor the One who is worthy of celebration and honor.
- So, what will you do this week after Easter? How will you get over Easter Sunday and move into the joys of living, growing, and serving the Living One daily?

He Understands Your Loneliness

Matthew 26:36; 27:45-47

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray. From the sixth hour until the ninth hour darkness came over all the land. About the ninth hour Jesus cried out in a loud voice, ..."My God, my God, why have you forsaken me?" When some of those standing there heard this, they said, "He's calling Elijah."

You who suffer from loneliness find it hard to put into words. Often you may even hide it because you feel that no one would understand. Jesus moves quickly to the side of the struggler with loneliness. His solitude was compounded by betrayal and abandonment by his friends. He knew something about moments of doubt about the faithfulness of his Father.

And, if we are not careful, Covid-19 can increase our loneliness. Isolation from family and friends is a breeding ground for loneliness.

What attitude can you bring to periods of loneliness? You can invite the presence of Jesus. He knows your pain. You can ask for strength for this hour of darkness. You can say by faith, "This will pass-it is but for a while longer." You can surely cry out from the pain of this moment. Above all, do not ignore your loneliness. Perhaps this is a time for memory. "The Old Rugged Cross" is a good starting place. Then add the humming of "Amazing Grace." Jesus knew how to be lonely. You can expect him to gently teach you.

Father,

The mind plays tricks—Doubts attack the core Of my belief—that You personally love me.

Don't let these doubts linger. I believe you, Father. Even in this darkest hou, I believe you.