

## Wanna fly away with me?

Here we are in the middle of winter. In the Northeast, as well as many regions, we are in the “slump” that comes after the holidays and before the spring breaks through. Some call it “cabin fever” or the “winter blues”. It’s cold, often damp and dreary. Snow, ice and slush loom in the background waiting to impede us at the drop of a hat. Often, we feel isolated and anxious. It’s just plain yucky!

As David faced his foes he laments...

*And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.  
Lo, then would I wander far off, and remain in the wilderness. Psalm 55:6-7*

Ever feel that way? Wishing you had wings to fly far away? David was being threatened by a powerful conspiracy in Jerusalem. A physical threat. Our threat may not be physical, but it is just as real. The threat of feeling downtrodden in our hearts. It is as real as any enemy could be.

Why it creeps in now more than other times is a topic addressed by psychology experts everywhere. The lack of sunlight, the inability to get out and about, the “crash” after the adrenaline rush of holiday activities. It even has a name when it becomes overwhelming, “[seasonal affective disorder](#)”.

As Christian and people of faith, others may look at us critically and question that faith. Having lived through years of severe depression, let me just say that faith, whether visible to others or not, is exactly what gets me through still today. There are days when getting out of bed seems more than I can do. In those moments of despair my prayer is simply “Dear God just get me up and through this day”. He answers by giving me what seems like monumental strength to do just that.

Later in the Psalm, David also turned to God:

*Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the  
righteous to be moved. Psalm 55:22*

Rest assured that the days are getting longer, the weather will get warmer and the spring will come. Instead of wanting to fly away, you will be lifted.

*But they that wait upon the Lord shall renew their strength; they shall mount up with  
wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.  
Isaiah 40:31*

If you are in the midst of the “winter blues”, it’s OK to be. Just remember to hold fast to the lifting of our Lord and the spring to come.

Forever in His grace,



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