

Shrink Rap: The Wall

I had the opportunity to run a race on a day that was super windy. Not just any wind, but a Kansas wind – sustained 25 miles per hour with 35 mile an hour gusts. No matter how hard I ran I felt like I was going nowhere. My feet were going and going, but I felt as if I was standing still, held back by the force of the wind. I pushed. I felt exhausted. I cried out to the Lord to calm the wind. But it kept feeling like I was hitting a wall every time a gust of wind would blow.

This race reminded me of how we can feel the same in a trial or tribulation of life. When there is an obstacle in front of us, we push. We can get exhausted. We cry out to the Lord to take away the obstruction. We feel as if we are running, and going nowhere, hitting a wall time and time again. We grow weary, and may even consider giving up.

In the race, I had to pace myself. I knew there would be no personal-best for my race time. I knew no matter how hard I wanted God to calm the wind, it was His will for that day. My challenge was to persevere to reach my goal, without growing weary and giving up. There was a prize at the end of the race, and I wanted it very, very badly. The reward was not only tangible, but I was reaching for the self-satisfaction of knowing I could conquer the obstacle of the Kansas wind that felt like a brick wall.

Have you had a challenge that felt like a brick wall? Maybe it was a hurt relationship, where you just kept trying and trying but got nowhere. Or maybe it has been a job that haunts you like a Kansas wind; giving you blow after blow and holding you back from your personal best. Maybe it is an adult child whose life decisions may be hurtful, and you have had to allow the wall to present itself to form a boundary. Maybe you have grown weary and felt like giving up.

During my race, the wall kept presenting itself time and time again. I dug deep, sometimes feeling the need to walk, head-strong, into the wind. Grasping on to God's hand to pull me forward with a mantra of “I can do all things through Christ who strengthens me” (Philippians 4:13). I persevered to the end, and got the prize.

Whatever your 'wall' is, remember to rely on God in the struggle. You can do all things through Christ who strengthens you. Hebrews 12:1 says “and let us run with perseverance the race marked out for us.” Trust in God's will for the day. Remember, you can run the race and not grow weary, walk and not faint; the scriptures tell us this in Isaiah 40:31. There is a prize in conquering the wall – the peace and comfort of our Lord and Savior as you have leaned on Him and trusted His will for you. His promises are true: “I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” (Philippians 3:14.)

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