**GOING NOWHERE**

Psalm 55:5-6 KJV

[5] Fearfulness and trembling are come upon me, and horror hath overwhelmed me. [6] And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.

     A man walked by me at Physical Therapy the other day, as I was riding a stationary bike, and asked if I was any closer to where I was going?  I laughed and told him I had made little progress.    The truth was, I had gone nowhere on that “stationary” bicycle.  It is sort of hard to get fired up about going nowhere.  When you are peddling, peddling, and peddling some more without moving from your original tracks one can easily get depressed.

     David may have felt this way when he penned the Fifty-fifth Psalm.  All of his peddling was being spent in fear and worry.  His energy was being used for worry.  He couldn’t escape this overwhelming concern and depression, so in his imagination he would fly away from all the evil that surrounded him.  Is that not true of us also? Our worries get so large we become immobile.  We labor, labor, labor but we don’t make any progress.  When we have heavy worries upon us we may not labor much but we are still drained of all our energy because of the energy that worry requires.

     I do not enjoy all the peddling of the bike that stands still so there are times when I use the “fly away” technique. God gave us an imagination to use for his glory.  We are the recipients of the blessings of imagination.  Sometimes it takes us to a place of comfort and rest.  At other times it has led to inventions that are common place among us today.  We may have flown to a place of vision for our church and ministry.  Therefore we may not be really sitting still.  We may be ascending to our Lord.  He may be taking us up to a place where we can see more clearly; lifting us above our troubles.

     Though I am sitting still on that “going nowhere” cycle, I believe it is making me better physically.  I believe this exercise is making my knee stronger.  In this sense I am making progress.  I cannot see the healing as it takes place but I trust it is happening.  I may go home at the end of therapy hurting but I believe I am healing.  Everyone that sees me on that bike may think I am going nowhere but inside I am moving forward.

     I pray that the same thing happens to me spiritually.  In my alone time with God, I pray I am making positive progress.  Sometimes he wants us to be still and know that he is God; so though I am still, my spirit is growing in Christ if I am focused on him.  When Christ told his followers to wait on the Spirit, they prayed and sought the Spirit of God.  They were sitting still but they were not inactive.  We are to be the same way.  It may be that we have to wait on instruction or direction from the Lord but we should still be praying and seeking him while we wait.  If we do this we will never be “going nowhere.”

Yours in Christ,

Brother Randy Burtram