



Auxiliary Newsletter November 2009

Deformed rather than Transformed

We always have more to do. In our nonstop pace we lose our genuine passions, thus damaging our God given purpose. We wear ourselves out because of the need to perform and produce. When levels of exhaustion set in, we don't have the energy for our Spiritual disciplines. We fail to replenish our soul because we are too busy trying to make stuff happen rather than waiting on God to make stuff happen.

Learning to cease striving is not easy. I spent two weeks in the Smokey Mountains this summer learning to be "Still in the Lord". I had to learn how to exist in a quiet place with God. It was not easy letting go of work and embracing solitude. In silence I waited on God so he could transform my deformed body, mind and soul. I listened to my longings for rest and began doing them. I gave myself permission to take a nap and sleep late. I spent my afternoons reading devotionals by the creek in a lounge chair. I fed the ducks and watched my favorite videos. I was doing exactly what God wanted me to do, rest. I savored my moments with God because I had nothing more important to do and no where else to go. In those quiet moments I honored God. I realized that I am finite and I have physical limits of time and space and bodily limits of strength and energy. There are limits to my capacities. I am not God.

God is the ONLY one who can be all things to all people. He is the only one who can be at two places at once. God is the One who never sleeps. I am Not. I am dispensable. For me to assume that the world cannot go on without me, for even one day, is ridiculous. No task or activity is more significant than the delight of being and resting in God. Honoring the limitations of our existence as human beings is the beginning to spiritual transformation. Isaiah 58:13-14 exhorts you to rest... *then you shall take delight in the Lord and God will make you ride upon the heights.*

Resting in the Lord,
Major Yvette Villafuerte
Coordinator of Women's Ministries