

April 23, 2021

Dear Friends,

Languishing. It's what a [New York Times article](#) this week calls "the middle child of mental health." It's neither depression nor flourishing. It's that in-between, dull, lack of motivation that I hear described by many people these days. Characterized by "stagnation and emptiness, [i]t feels as if you're muddling through your days, looking at your life through a foggy windshield."

Ongoing grief and loss combined with the constant experience of being out of control set the conditions for languishing. (Some of us may find this recent [resource on grief](#) helpful as we keep walking through it.) In the Psalms, protest *and* praise – being honest before God about our loss *and* focusing on his presence and provision – are ways to loosen languishing's grip. Protest gets it out of your system; these are the ongoing cries of "How long?" Praise rejigs our focus toward God and keeps us living his lifestyle. Psalm 1 tells us that the person who delights in God "is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither – whatever they do prospers" ... even during a pandemic.

Sunday Online Worship Gathering and Communion at 10 a.m.

We arrive at part four of a 7-part Vision series. The theme is God's Vision for Humanity, and I will be looking at how God's heart is for our healing by renewing our memories, our motives, and our mission.

We will celebrate Communion. Please bring juice and bread to the online service.

You may [contact me](#) for a Zoom link to the service.

*Please join the Zoom meeting after 9:30 a.m. to avoid problems entering.

For this week's scripture readings and other announcements, go to [Sunday's bulletin](#).

Sunday School for grades 4-6 (April 25 at 11:15 a.m.)

Please [contact our family ministries pastor](#) for a link to Sunday School (grades 4-6) at 11:15 a.m.

Next Prayer Gathering: April 27 at 11:30 a.m.

Please [contact the prayer team](#) to let us know how we may pray with you.

The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace. (Numbers 6:24-27)

With love and prayers,

Pastor Kerry Kronberg (with the whole team)