

Matthew 6:6

But you, when you pray,  
go into your inner room, close your door  
and pray to your Father who is in secret,  
and your Father who sees what is done in secret will reward you.

### **The fetal position**

Ending one day with struggles and waking to them the next day seems a pointless existence, and sometimes never leaving my bed seems equally the best choice. I sit in bed, thinking about how much I want to stay here, and just not deal with anything, for the whole day. I do get up, but often I just take my fetal position with me.

I go through my entire day head tucked down, curled over for protection, nothing really getting into my heart and mind – but nothing really getting out either. All the worries about the future, finances, family, work ... whatever ... remain locked within, not seeing the light of day. I have a loving God who will deal with them if He can just pry my fingers from their grip, but if I'm honest, there is a wicked comfort in not letting go of them. There is a tension between worrying about how I am going to handle something and, again if I'm honest, *will* God help me?

So I curl up tighter, like a pill-bug, and roll on through my day.

But God is good. He breaks through with little miracles that I wouldn't engineer for myself even if I could. In that very moment, He shows me something I wrote two years ago from Oswald Chambers –

“Unless you learn to open the door of your life completely, and let God in from your *first waking moment of each new day* (my emphasis), you will be working on the wrong level throughout the day. But if you will swing the door of your life fully open, and ‘pray to your Father who is in the secret place’, every public thing in your life will be marked with the lasting imprint of the presence of God.”

Now I can take that as a discipline from the LORD, or as a loving word and a gentle hand from Him to help me get started. (I freely choose the latter, by the way). Either way, God is keenly concerned about how I worry and struggle. He's not concerned about the struggles themselves. He is concerned about how they affect me. He loves me in every way, in every conceivable detail, in every one of my breathing moments.

He doesn't want me to be stoic. He is my strength.

He doesn't want me to design my own pleasing environment. He is my master architect.

He doesn't want me to protect myself from trouble. He is my shield.

He doesn't want me to build my own future. He is my future.

Pray to the LORD, your Father, who is in the secret place, and see His reward. It may be answered prayer, it may be His peace, His power, or simply His presence. Could be anything.

But start with God. Then watch Him answer.