

WILLEMIEN DU TOIT

As I am writing this, I find myself in a very – completely unbearable – difficult situation / place of extreme sorrow. It is a place where no hope, no understanding, no sense, no desire to live exists. It is a place where there is a numbness which words can't describe, a place of no feeling, a place of unbearable hurt. Yet, I still “turn up” with my cuppa tea in the hope that my Lord Jesus (my Jirre) will turn up too. Every day it “feels” as if I’m just having coffee / tee on my own. Thank goodness, feelings are just feelings and very seldom true. One morning while I was just “sitting” having my cuppa with my Jirre, this song came up:

You raised me up:

*“When I am down, and, oh, my soul, so weary
When troubles come, and my heart burdened be
Then, I am still and wait here in the silence
Until you come and sit awhile with me”*

And I realized that it is okay to sit in silence and wait for my Jirre to join me and sit awhile with me. In this time of unbearable suffering, I asked my Jirre, over a cuppa tea: “Lord, if I was able to pick my phone up and call you right now, asking you to meet me for a coffee because I desperately need a friend. What would it look like? What would it sound like?

My Lord answered me and said: *“I will pick the phone up on the first ring, without hesitation, I will tell you that I’ll immediately meet you, you just say where and I’ll be there. (Without saying a word, I’ll quickly clear my diary – so I can give you unlimited time)*

When you walk into the place where you asked Me to meet, I’ll already be waiting for you, I’ll get up, walk towards you with My arms wide open and I’ll hold you tight against my chest. I will not say a word, not offer advice, not telling you that you did not listen to my advice and guidance and that’s why you so broken. NO - The only words you’ll hear out of My Mouth is HOW MUCH I LOVE YOU and it’s OKAY, I understand – you are safe to grieve, to be angry, to be confused, question, to lash out, simply because you are with ME now.

*Its OK to just be, because I am everything you need right now.
Instead of standing and watch from the outside, I have entered into your grief, your sorrow, your pain, your loneliness, your confusion, your anger and I go through everything you are going through, WITH YOU, because I am IN YOU, I am not looking from the outside. I will not try to “fix” anything because I feel everything you feel and in time, when you are ready, we will get up together and face life again.*

*This is when you will look back and say:
“You raise me up, so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
You raise me up to more than I can be
You raise me up to more than I can be”*

Having received this incredible message from my Jirre, I can also sing - as the following song by Christy Nokcels sings:

*“Lord, here I am
You have all of me
Take the world*

*You are all I need
Find me, find me at the feet of Jesus
Savior, find me with my heart bowed down
Find me on my knees
Find me close to Thee
Find me at the feet of Jesus
Lord, I belong to You
You have my heart
My only hope is You
And everything You are
I can almost hear those angels singing, holy, holy
I can almost touch the heavens in their glory, glory"*

There may be someone who is facing severe agony / pain / sorrow –
Let us be the one when a friend / or someone "picks up the phone" and say I needed you", be the one who says: sure, when and where. Be the one who walks up to him / her, and whose smile changes the state of his/her heart, let your arms be stretched out to hold him / her in the hug he / she so desperately needs. Let the love in your eyes say: "although I may not understand what you are going through, it is OK for you to grieve with me.

Try not to "fix" anything from the outside, or offer any advice or instruction from the outside. Let's try never to blame him/her for not following advice given. Simply create as "safe" place for that person to be him/her self where he /she could grieve, where it was OK to cry. Enter their place of deep sorrow to grieve with him/her, and make his / her pain yours.

Try to feel what he / she is feeling and never try to offer anything from outside. Because when you take the courage to enter that place of darkness with him/her, you will bring light. In doing that, you will be standing in, in flesh and blood, for our Jirre. You will be His arms that holds him / her, His Eyes that radiated love, His heart who aches with that person, His passion to not let him / her grieve alone.

Author:

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