

QUARANTINE REFLECTION 17

Hello all, it's been a while since I wrote anything, well reflected and wrote. I have been the last two or three weeks living with roller coaster emotions. I thought I was handling the whole stay in, shield and keep yourself safe really rather well but in reality negative emotions slowly crept up. I have been really quite cross and surly and at times rather petulant and childish, I have behaved quite badly and rather selfishly. Poor Niamh has had the brunt of my sharp tongue and general bad mood. My mood hasn't been helped by the fact I am overdue for treatment that controls my RA and so that has been flaring and causing a bit of discomfort and pain, not that that is in any way me attempting to defend myself.

Is saying sorry enough? If I say sorry today does that give me free rein to be a bit of a mare tomorrow? Of course it doesn't. I should be trying harder, I should be mindful of the fact that negative emotions really don't do ourselves any favours at all.

Paul in Colossians 3:8 says "But now you must put them all away, anger, wrath, malice, slander and abusive talk from your mouth". In all fairness I agree completely however it's not so easy to actually follow through and do.

Sometimes anger is justified or righteous but mine is neither, mine is because I feel a bit like I'm living Groundhog Day each day... it's the same as yesterday - the weather might be different but my surroundings are the same, the tv is the same and my lack of patience is greater.

God asked Cain - "Why are you angry?" (Gen 4:6) I think God is fed up with my moody attitude and is saying to me "Trish - why are you angry?" And my response for most of the time would honestly be I Just Don't Know!

I am in these past few days beginning to understand a little of those moments when I asked my children questions like "Why did you do that?" and their response was "Dunno" - We have all been there - "what do you mean DUNNO, WHY DON'T YOU KNOW!"

Well you know what and this is especially for you friends who will be dealing with those Dunno moment - perhaps they genuinely just Do NOT know. I think my irrational bursts of anger and moodiness are mainly borne out of frustration and I need to acknowledge and accept that that is where I start to try to change, to recognise when those grrrr moments are occurring and to consider some of the positive emotions.

One of the things we have done during this period is try to tidy the garden up a bit and something I saw on Facebook was for a homemade water feature and so the bits were bought a little at a time and assembled and completed earlier this week. There is something very calming about watching and listening to the noise of the gentle fountain of water. This project might be the answer to my bad attitude and my sharp tongue.

I am therefore going to try really hard to not be moody and when I feel those moments of rage bubbling inside I am going to take myself off to watch the water and reflect on all those things God wants me to exhibit more of - the fruits of the spirit (Gal 5:22-23) especially patience and kindness and love.

I need to be mindful of these words from 1 Corinthians a favourite of a much loved and missed friend to many of us....

1 Corinthians 13: 4-5

Love is patient and kind, love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful;



**"Don't let evil get the best of you,
but conquer evil by doing good."**

Romans 12:21