

Strain and Stress

Years ago I read
a perceptive phrase
in a book on
pastoral care.

‘Most illness is
wear and tear of
the soul on the
body,’ it said.

I found that true
and see it still,
evidenced in
life all around.

I also see
it in myself
from time to time
along the way.

Only facing
the tendency
will be helpful,
dealing with it.

A favorite hymn
raises a prayer:
‘Take from our souls
the strain and stress,

And let our ordered
lives confess the
beauty of your peace.’
Pray that, my soul.

Pray it often
when the chill winds
of strain and stress
threaten unease.

God has proven
pow’r to heal,
and grace abounds
in his presence.

JRH
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