

Thinking Biblically, Part 4: Stir-crazy, Cabin Fever

By Dr. George Zemek

“Stir crazy,” “cabin fever,” and similar ‘syndromes’ have ‘infected’ many people because of the restrictions brought about by the COVID-19 virus. Believers also have been feeling the effects of it. Modern society up until a few weeks ago was characterized by frenetic over-schedulings. And once again we believers have not proven to be immune to this tendency.

Many outside of Christ in virtual panic are seeking anything and everything to satisfy this period of withdrawal from their squirrel cages of sustained activities. But for us who love the Lord, we understand that this seeming “down time” is a gift from God for our good. Therefore, instead of seeking activities for activities sake, concentrate on those spiritual disciplines that had often ended up short-changed just a couple of weeks ago. How many of you back then were convicted that you didn’t pray enough? Or how many felt like you were not spending enough time in God’s Word?

Well, the ordained time is upon us to dedicate ourselves to these priorities. As the old gospel song urged, “Take time to be holy; speak often with your Lord!” Concerning Bible study it’s wide open. After all, there are 66 books in God’s special revelation, all designed to mature us into the image of Christ. However, if any of you want to focus more on a theme let me make an initial suggestion. Since, that old ‘time issue’ of “How long?” pops up in our minds as we wait for our sovereign Lord to bring an end to this particular COVID-19 test, get your Bibles out and your exhaustive concordances then research the Scriptures by tracking down the words for “waiting,” “waiting patiently,” etc. Go slowly, noticing how often the contexts demonstrate that waiting on the Lord is an exhibition of faith mixed with hope. I think all of us could use a good dose of that spiritual elixir today.