

Family TableTalk

Conversation 14

Adjustments and Common Sense

read

Proverbs 2:7-11

think

So . . . I have been spending a lot of time looking out the window of my new office. Neither my husband nor I had planned on getting new office space in 2020, but thanks to Covid-19 here I am, looking out the window of what was the guestroom and his new office has a lovely view of our backyard. I get to watch what seems like an endless

procession of runners, walkers, bikers and Moms and Dads pushing strollers (people I have never before seen going past our house!) while he gets to watch the advancing of Spring as the trees and flowers respond to the change of seasons. They have not had to make any adjustments for this virus – that order of the universe that God put into place continues in the face of significant changes for all of us inhabitants of this planet.

The theme of these past six weeks seems to be summed up in one word – adjustment; some micro, some major, almost all of them leaving us feeling that we are “off of our game”. Our mental and emotional resources are stretched to the limit as we learn new technology, parents take on the role of teachers, we interact with family members in new ways and perhaps for more minutes/hours per day than we used to and we live in a the midst of uncertainty that is new space altogether for entire families.

I LOVE these verses because they remind us that when we honestly cry out to the God of the Universe, He not only provides knowledge and wisdom, but He also grants us common sense! What an amazing treasure that is in these extraordinary times – and what God grants is not complicated beyond our abilities, it is based on our needs as we ask each other how we can all adjust to these unusual times, and I might add, live peacefully together.

apply

- What are some adjustments that we have had to make in our family? (Use of space, schedules, changed routines, lack of extra activities to participate in, etc.)
- What are some things that you have noticed have not changed at all in spite of Covid-19?
- What are you doing that is grounding, what helps your family feel like everything is going to be okay?

pray

Dear Heavenly Father, help us to not complicate things as we make adjustments to how we must live right now; help us to be wise and fair with each other and above all, help us to come before you with honesty, this is hard. You remind us here in this ancient Proverb that understanding that will keep us safe and we are so grateful to you, the God of the Universe that this truth is eternal. Amen.

by Amy Flavin

Amy Flavin is Associate Staff for CPYU, Psych professor (18 years), counselor in private practice (27 years) - working with individuals, families, and adolescents - and is married to a full-time youthworker for nearly 40 years. She is currently fortunate to have an office with a view!

cpyu.org  CENTER FOR PARENT/YOUTH UNDERSTANDING

© 2020 Center For Parent/Youth Understanding