

# FaithBIT



## Buy Someone a Muffin

Reflection by Anna Nelson

*(Anna is a Student Leader and first shared this message at Youth Rejoice in February)*

As humans, none of us are perfect. We all make mistakes, and we all at times try to walk on our own path rather than the path God wants us to walk. But the never-ending love of God eventually leads us back to the correct path and reminds us that we never have to walk through this life alone.

John 13:34 reads, "Love one another as I have loved you." As Christians, God calls and equips us to love the people around us and serve others in any way we can. No matter how long you've been attending Immanuel you've probably at some point heard the words, "Called to care. Sent to serve." These words describe what I believe to be a large portion of what being a Christian truly means. We are called to care for others in the way God cares for us, and we are called to serve one another to create connections and relationships.

But believe me, I know how hard it can be to constantly keep up the connections with people and try to keep a positive attitude when inside we feel like we're falling apart.

If you know me, you know I can be kind of a hectic person to be around at times. Growing up, I've always strived to be this happy person all the time, and I had this expectation for myself to keep a positive mindset 24-7, and if I was doing anything less than that, if I felt angry or sad or anything other than my 100%, I felt like I was failing myself and the people around me. I still needed an outlet to express the hurt and the sadness I was feeling, and in my case that took the form of self-deprecating humor. I thought that if I could show my pain in a way that made people laugh, it would become easier to deal with. My friends began telling me how much they appreciated and admired my positive mindset, which made me even more scared to let people down. Being positive like this worked for a little bit, but pretty soon my emotions became so massive, that they weighed me down and I became numb. I started believing the self-deprecation that was spilling from my mouth. I didn't want to, but my words became my thoughts, and my thoughts became my emotions, and I became so broken. I was walking through life with this fake positivity, constantly and consistently slipping up and praying nobody would notice how much I was hurting.

But people did notice. My friends began asking if I was ok; they said I didn't seem like myself, and as much as I wanted to open up to them and tell them what was wrong, I didn't know how to talk to them. And then one night I was sitting on my bed, procrastinating from doing my homework, thinking about my life, and asking God what it was that I needed to do to stop feeling like this.

And then my dad walked in. My dad had just walked in to say goodnight, but he walked in at the exact right moment, and upon his entrance I burst into tears. He sat down on the edge of my bed and he listened as I melted into this puddle of all the emotion I'd been holding back for months. After that night, not everything was fixed. I was still hurting. I was broken. But I knew I wasn't alone.

God gave us the people we have in our lives so we can work through the hard times together. Nobody's perfect. We all have bad things happen to us, we all experience hurt and pain. So, let's grow together. Serving isn't always about life changing moments. Serving is about showing up for others in little ways every day. Serving is about letting others know that no matter how hard life gets they don't have to walk through it alone.

Show someone God's love through your actions this week. Show up for someone, have a genuine conversation with someone you don't normally talk to; call or text that friend from a couple of years ago that you've been meaning to check up on, buy someone a muffin. I don't know! Show someone that you love them because love is the most powerful connection that we have.