

Anticipation

Tuesday

"Be Patient"

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. (James 5.7-8)

The most difficult part of anticipating something is the wait. This difficulty is exacerbated by US cultural trends that insist upon drive-thru venues, on-demand content streaming, tele-medicine, and same-day delivery services. Immediate access to everything is the norm, and the idea of patience is now measured by the seemingly unending cycles of an Instant Pot. We have no time to wait.

Yet our passage reminds us that patience nevertheless remains a virtue. It's during the waiting that our anticipation can grow; it's during the interval between things that we have an opportunity to assess what it means to in fact be "in between." Through patience, then, we develop the ability to evaluate where we are and to appreciate the thing or event which we anticipate. It's an opportunity to "strengthen our hearts" in *kairos* time—God's time—realizing that God is present even in the gaps.

Lord, thank you for the virtue of patience. When we get in the mode of "I want it now," help us to slow down and appreciate what the "coming of the Lord" really means in our lives. Give us grace for the "in between." Amen.

Practice: At some point when your day is hectic, take time out to stop. Get comfortable, and then simply breathe for 5 minutes. Let yourself be in the here and now within God's Presence. Feel free to take these mini patience "sabbaticals" whenever you need throughout the day.