Devotional – Breaking Down The Barrier

“So they [the Chief Priests and Pharisees] went and made the tomb secure by putting a seal on the stone and posting the guard.”-Matthew 27:66

With a sharp intake of breath, I highlighted the text on my screen and jabbed the “delete” key on my keyboard. Instantly, the half a page of text I had toiled for forty minutes to create was gone.

My heart pounded in my chest and my head spun from the anger and frustration.

It was three o’clock in the afternoon and I had barely scratched the surface on my “To-Do List”. I still had piles of laundry to contend with, a unit in Google Analytics to finish, and a branding statement for a networking event to conquer. Yet, I couldn’t tackle any of those challenges until this one was complete and the words just weren’t coming.

I sat back in my chair and ran my hands down my face.

“Take a break,” my inner voice counseled.

“I can’t take a break!” I yelled back. “Have you seen all the thing’s I have to do today?”

For another forty minutes, I forced, fumbled, and formulated sentences that only added up to another twenty encounters with my “delete” key. The dizziness I had felt earlier had exploded into an all out migraine and my frayed nerves were actually making me feel nauseous.

With a huff, I slammed my computer closed and walked away. There was no denying it now: I needed a break.

I gave myself a half an hour to prepare myself a snack (an apple with peanut butter, yum!), listen to an audiobook (#GirlBoss by Sophia Amoruso, obviously), and spend some quiet time with God.

Surprisingly, when I finally did go back to work, I was able to write with more honesty and tenacity than I had in my previous writing session. And I did it all in less than forty minutes!

While I didn’t know it then, in retrospect, I understand that ‘the break” my guardian angel had instructed me to take was needed in order to provide me nourishment (through food), inspiration from a person God put into my life, and enlightenment through prayer in order for me to deliver a Devotional that spoke God’s Great Truth.

Like the Chief Priests and Pharisee’s who tried to inhibit the resurrection of Jesus by placing barriers to separate him from his people, my failure to follow God’s instruction had become the barrier that separated me from completing God’s work!

The good news is God expects those barriers to come up and instead of casting them aside he uses them to create his ultimate plan.
The day after the Pharisees build their wall there is a violent earthquake, “for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men” (Matthew 28: 2-4).

The migraine and physical nausea I experienced as a result of not listening to God made me symbolically and metaphorically dead. God had to give me a mental earthquake that completely disabled me, in order to roll away the barrier and defeat the guards that kept Jesus from entering into and speaking through me.

Though I deviated from His original plan, God used my hardships to break down my barriers so I could share his unfailing love with others. And he can do the same with you!

Prayer: Jesus, My tendencies to get caught up in the everyday act as a barrier that stalls the plans You have for me. Yet, I take comfort and rejoice that no matter how far I may deviate from Your path, You find a way to bring me back and use my shortcomings to show Your all powerful and wonderful grace!