



WOW: Word Of the Week

Rhythm

March 10, 2021

Rhythm makes the world go around! Rhythm is essential to life.

In my life as a musician, I played in a jazz band – baritone sax along with my clarinet. But our jazz group had a problem—Mickey, our drummer. Mickey's job was to maintain the musical rhythm, but Mickey had the habit of skipping the last beat of the measure from time to time. The rest of us had no option but to skip the beat with him in order to stay in rhythm.

During the pandemic, the rhythm of our lives has been upset. For many of us, the rhythm of life has settled into a repetitive sameness. When I put out the call for words to describe our experience of the past year, I received words like boredom, monotony, routine, and tedious.

In order to understand these responses, I looked up definitions.

→Boredom: in conventional usage, boredom is an emotional state experienced when an individual is left without anything in particular to do, is not interested in their surroundings, or feels that a day or period is dull or tedious.

→Monotony: a lack of variety and interest; tedious repetition and routine.

→Routine: a sequence of actions regularly followed; a fixed program.

→Tedious: an adjective that means long, slow, or dull; tiresome or monotonous.

Our vocabulary betrays us. Consider these words again.

Boredom. During the pandemic, some have been left without anything in particular to do. Life was previously defined by hurrying from one activity to another. Interest was maintained through a variety of actions; the variety of choices was essential. During the pandemic, many have had free time, but little or no idea of what to do with free time.

Monotony. With limited activities, many have found life more repetitious than before the pandemic, repetition and routines. Tiring of doing the same things again and again, repetition and routine become tedious.

Routine. A fixed program, a regular sequence. Actually, routines are what help us make it through life. Some parts of daily life do not have to be continually invented.

Tedious. Long, slow, dull, tiresome.

Life will not always be one series of exciting events after another. God has designed life to include sabbathing. Stretching must be followed by sabbathing, reaching forward by relaxing. Leisure time is not a curse, it is a blessing. Even more so, when leisure time is devoted to pursuing God. Nothing in particular to do? I think I'll spend this time with God!

Yes, it has been a long year. COVID-19 fatigue is real. The slower pace is driving some people crazy.

But if life is dull or tiresome, perhaps we are at least in part to blame!

The rhythms of life. What were the rhythms of Jesus' life? I love to preach Luke's gospel – power for the marketplace because of prayer time on the mountain with God. What possibilities exist for the rhythms of a powerful prayer life? My mother was a school teacher, and she looked forward to that time during the school year when we finally could settle into a rhythm of learning with fewer extra-curricular activities.

Pandemic or no, relief or not, this would be a good time for us as Christians to find a rhythm of our life that depends on us more than others – rhythms of prayer, Bible time, spiritual growth, leisure time with God.