

# THE WORKING FROM HOME SERIES



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## My Inspiration Went Out & Never Came Back!

The Coronavirus shopping is done (you finally found some hand sanitizer), the kids are safe at home, and no one seems to have any symptoms. So now it's time to buckle down and start working from home. And then you discover... you just don't feel like doing *anything*. "Where'd my inspiration go?" you wonder. "What happened?"

After a career of coaching senior leaders in major adversities (a year or so back my own home burned down in a forest fire), I've learned that that's actually a common response. Even if you don't know anyone personally who has the Coronavirus, this is still a traumatic experience. Your world just got turned upside down, and there is no way of knowing when or how it will end. Your mind and emotions are struggling to adapt. I remember the first week after our house burned down, I found myself struggling to do basic multiplication and division (and I was a math major in college!) Your thinking slows because you are devoting a lot of mental energy to coping.

**Action Step:** So give yourself a break—literally! This is a good time to take a few days off work, spend time with your loved ones and experience what's most important to you in life. Its springtime: go out and smell the flowers, and draw peace from the beauty around you. Hang out with Jesus, and instead of praying hard for provision and protection, just relax and be with him. He's got this.

A second reason you may be experiencing low energy is that you've just realized how tired you really are. When you're being externally motivated by the structures and expectations of life, it is easy to push yourself beyond your capacity. But remove the external pressure, and you drop back to your own internal energy level. So you're tired.

**Action Step:** The cure for tiredness is rest. Take your cues from Sabbath—the day of rest. Sabbath is a fast from *accomplishment*. It is the discipline God gave us to keep us from getting our identity wrapped up in our work. So Sabbath doesn't mean being 'religious' all day. (That's just another form of accomplishment—the very thing we are supposed to be fasting from!) The Sabbath mandate is to stop accomplishing and start living. So have some fun! Enjoy the people you love. Do what is restorative for you. Sleep in. That's what a real Sabbath rest looks like.

To rest in a crisis is an act of faith, of trusting that God is in control, not my anxiety. And when your neighbors ask you how you can be so at peace in the midst of a pandemic, just tell them where you got it from.