

Being Nora

When I was a child, I had a window air conditioner in my room, and it was cold at night. I couldn't rest until all my stuffed animals were tucked under covers with me, safe and warm. This worked well when I was a child with stuffed animals, but it was exhausting in grownup life—in marriage and parenting and friendships and work. There was always someone or something shivering outside the covers, so there was always one more thing that I needed to do before I could rest. If there had been a banner over my life, it would have read “She Tried So Hard.”

Now, finally, I am learning to rest. I am learning to let go and let God be God—to let the weight of the world be on the right shoulders. I practice by praying in a new way. I call it “being Nora.”

Nora is our newest grandchild. When she was three weeks old, I had the pleasure of being alone with her for a whole hour. She lay on my chest resting. She didn't say anything. She didn't do anything. She just received the comfort of me, and I enjoyed the pleasure of her.

Now I practice being Nora. Before my feet hit the ground in the morning and during quiet moments in the workday and before I fall asleep at night, I rest with God the way Nora rested with me. I rest my smallness in God's greatness. I am off-duty. When thoughts and feelings surface, I simply let them go out into Him. During those restful “being Nora” moments, I live in the relief of knowing that “in Him [I] live and move and have [my] being.” I don't say anything or do anything. I just enjoy the comfort of God. And, audacious as this may sound, I think God enjoys the pleasure of me.

Resting
for a while
from words
from thoughts
from puzzling
from trying.

Resting
in the relief
of You.

Letting go
of racing thoughts
of tears and fears.
Letting them go

up and out
into Your kindness.

Last night's
dreams
surface shyly
in the safety
and relief
of You.

I am
Nora
(small
fragile
helpless
soothed
safe
content
cherished
at home
held)
while
You
(wonder
of wonders)
enjoy me.

“The Lord takes pleasure in His people.” Ps. 149:4.