

Marching On

By Mary Lambrecht, M.S. LMFT

On a recent vacation, my family and I attended a vibrant Episcopal church. The following lyrics come from an African worship song that we sang for communion.

Si-ya- ham-ba, ham-ba, si-ya-ham-ba-oo,
Si-ya-hamb' e-ku-kha-nyen'kwen-khos'.

Translated in English this means:

We are marching, marching, we are marching on,
We are marching in the light of God.

Frequently, God exhorts both therapist and client at the Center for Family Healing to “march on.” As therapists, this may mean to continue to allow God to anoint us to give insight and guidance to the client. We have a choice to march on in His strength and power, or to give in to weariness from operating in our own human strength. It may also mean to not give up on the client when progress is slow, or when some regressive behavior takes place. To the client, this may mean taking more initiative in the therapeutic process. Sometimes a willful decision is needed to put into practice what we have learned in therapy. In practical terms some examples of this are; replacing truthful thoughts for anxious thoughts, deliberately turning away from an extra-marital lover, compliance with medications, or being honest with our feelings.

At this communion service, the African-American priest offered the bread and the wine to us; he did not demand that we receive it. Similarly, Jesus says in the book of Revelation 3:20: “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.” The bread and the wine are offered; but we need to open our hands to accept it. Jesus’ voice beckons and He knocks, but it is up to us to listen and to open the door. The book of Hebrews tells us to “consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart” (12:3). Where are we growing weary? Open your hands and heart to the bread of life and the cup of salvation. Keep marching in the light of God.

*Compliments of Practical Family Living, Inc.
P.O. Box 1676, Appleton, WI 54912 (920) 720-8920*

You are permitted and encouraged to reproduce and distribute our articles in any format provided that you credit the author, no modifications are made, you do not charge a fee beyond the cost of reproduction, and you include Practical Family Living's web-site address (<http://www.pfl.org>) on the copied resource. Quotations from any article are also permitted with credit to the author and citing the web-site. Any use of other materials on this web-site, including reproduction, modification, distribution or republication, without the prior written consent of Practical Family Living, Inc., is strictly prohibited.