

Time bomb

Germany belongs to the top producers in the matter of stress worldwide. According to "Stern" from the year 1993, 73 % of Germans complain about hectic states and hurry. They would lack time to let the soul dangle. Many people feel like the hamster in the cage. The most stressful professional branch is journalism. Here, the average expectation of life is 59 years.

What is stress? Stress is created by the conflict between time needed and time available. Thinking about stress, one needs to think about time. Dealings with time have radically changed. In past epochs, people had mainly a healthy life speed. Today, an often excessive life speed leads to a mental crisis for a number of people. Happenings and experiences are changing quickly. There is almost no time to take a deep breath, not to mention digesting things. The tragedy is that others do not know how to spend all the time they have.

Many find out: The more time you have, the less time you have. Stress has become a secret status symbol in our society, and workaholics have a healthy disease. Therefore, people try to do as many things as possible at the same time. Anticipation of pleasure is regarded as pointless waiting time, and remembrance as waste of time. For lack of time, we have invented the "everything at any time method": At Christmas you get daffodils and in summer gletscherski. Life becomes a quick construction set and human souls are destructed.

What solves that dilemma? What heals the inner broken condition? One of the biblical authors confesses in a prayer: "**My time is in Your hands**" (Psalm 31:15). A tremendous statement! My time just is not in my hands. It's not repeatable. It's not extendable. And it's inconceivable. I do not have a firm grip on my time, on my life time. I do not possess the time. It is given to me. I cannot know what really will happen. But my time is in God's hands. Not arbitrariness nor fate rule over me. And finally, not even my broken inner condition rules over me. Time is a gift of God! In the encounter with God, I can let my whole life be shaped. New standards arise from that. Priorities are changed: What is really important in my life? And what will fade? What will last? God Himself wants to care about my broken soul. Why not plan (or create) your time together with God who gives it to you?

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