

## Winter Brain Fog

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by Wayne Goff

"Winter brain fog" is my description of what days of wintry snow, sleet, freezing rain, wind, and cloudy weather do to me. Add to that the fewer hours of daylight in the winter and it's a real battle to get focused and stay focused. But as soon as Spring begins to blossom, my mind, energy, and focus return. It's always been that way, and it is amazing. When I look back at this year's "winter brain fog," I will think to myself, "Well, winter time is a time of rest for body and brain alike." But at the time it's going on, I'm anything but restful and at peace. I feel like I'm wasting time and opportunity. But when you look at the New Testament, you will see the same "winter fog" among people: ships can't sail in the winter (Acts 27:9-12), people begin to "hibernate" for a time (1 Corinthians 16:6; 2 Timothy 4:21; Titus 3:12), and even Jesus taught the Jerusalem disciples to pray that when the end of the nation was near and they needed to exit the city, "*pray that your flight may not be in winter*" (Matthew 24:20; Mark 13:18). So why do we fight it so much?

I think some use winter as an excuse to do little or nothing, but others try to fight through it. The reasonable truth is probably somewhere in between the two. It just so happened that Wednesday I was studying Ecclesiastes 4 for this week's Bible classes. Solomon noted that "*for all the toil and every skillful work a man is envied by his neighbor*" (v. 4) while "*the fool folds his hands and consumes his own flesh*" (v. 5). Solomon's wise advice is found between these two extremes: "*Better a handful with quietness than both hands full, together with toil and grasping for the wind*" (4:6). Don't work too much for too long to gain too little. And don't be a lazy fool! May I add to Solomon's advice and simply say, "Winter is always going to hinder the work we would like to do. So relax a little, slow down, and prepare for the Spring, Summer and Fall to come when the real work can be done."

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