

## **IT'S TIME TO HEAL**

Elections in Kenya are over. The winner has been announced. While majorly the supporters of the winning presidential candidate are euphoric, the followers of the candidate who lost are hurting. The country is bleeding. It is divided more than ever. Whereas some are rejoicing, a certain cut of population are heartbroken. Believers sadly haven't been spared the wave that is political competition. They have conformed to the rest of the country in aligning themselves with political figures forgetting that we are all children of the most high God- not NASA coalition party or Jubilee party believers.

Believers who are supposed to be the salt and the light of the world, are insulting each other because of politics. It is evident for all to see Christians segmented in their tribes calling the victory of their candidate God send and those that lost crying wolf that leadership has been stolen from them. In their elation, these Christians are bashing fellow brothers and sisters in the competing camp on social media- rubbing it in their faces just because their candidate won. Of course in retaliation, members of the opposing camp have joined in the attacks forgetting their salvation.

Unfortunately, in the ensuing war of words and fixating on ourselves, the youngest victim to die is an eight year old girl from a stray bullet. These should concern us more than anything else. As we battle as adults, our children are being hit by stray bullets. If we cannot get it right as adults our children suffer the hatred we spew. I may not have pulled the trigger but if I hate my neighbor because of his political affiliation or tribe I stand in judgment in the courts of heaven.

In this year's International youth day held in Addis Ababa, young African thinkers were saying they want different Africa in terms of leadership. No one is born hating other tribes but negative ethnicity is passed on from the older to the younger generation. In this day and age when you cannot separate real news and lies, we as believers should be part of the solution and not the problem. After attending church we will all go back home to our tribal cocoons.

## **Anger**

It will not be practical to tell those of us who are hurting not to be angry, but as believers we are instructed in Ephesians 4:26-27 in the amplified bible

*Be angry (at sin—at immorality, at injustice, at ungodly behavior), yet do not sin; do not let your anger (cause you shame, nor allow it to) last until the sun goes down. 27 And do not give the devil an opportunity (to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment, or cultivating bitterness).*

Every now and then we get angry. We even get angry with God. While it will be unrealistic to say you shouldn't be angry we must watch out not project our anger toward our neighbors and God. Yes we should be angry but the bible admonishes us not to sin. Our anger can stem from believing that life is fair. It is our natural expectation, but the truth is- it isn't. The lord causes rain to rain on both the righteous and the unrighteous. In the heat of anger you can say a wrong thing that would be difficult to take back. There are so many people in jail today just because they gave into their anger.

## **Social media**

While social media has become our media of communication, it is advisable not post things on the social media or forward unverified posts. As soon as it hits the media you have no control over it. It will gain a life of its own and before you realize it can cause others to sin. Most of if not all have forwarded messages, tweets or videos not knowing its impact. I like a slogan from a church in the USA that says- *tweet others the way you'd like to be tweeted*. How apt in this modern day of tweets. Contain your anger and in doing so, you will not give the devil a foothold in your life.

## **The gift of shutting up**

Whenever you feel an injustice has been done and a stirring to say something- that is the best time to say nothing. It is hard to hold our tongues when we think our words or actions will right an injustice. Even Jesus when he was arrested and taken before the Pontius Pilate and accused falsely he chose silence. As a matter of fact on the cross when he had been crucified he prayed for his tormentors.

Someone once said, it's okay to swallow your words because it has never given anyone an indigestion. In proverbs 25:16;

*Have you found (pleasure sweet like) honey? Eat only as much as you need,*

*Otherwise, being filled excessively, you vomit it.*

To those who are celebrating, your excitement should not vex someone else. When you are over the top in the face of those who have lost and are hurting, you are searing their hurt deeply into their being. As a believer you should know that at the end of the day we are all Kenyans. In Romans 12:15 amplified;

*Rejoice with those who rejoice (sharing others' joy), and weep with those who weep (sharing others' grief).*

Jesus epitomized these verse in his life well when he attended a wedding in Cana and even made the best wine for those in attendance. When he visited with Mary he grieved with them because of the death of his brother Lazarus. In walking in Jesus's footstep we should empathize with other people's situations and not be quick to criticize.

## **What then should we do?**

We should be vessels of healing our country not aggravating an already bad situation. As instruments of peace, we must reach out to one another in our neighborhoods and encourage them. It is in reaching out to those who have been hurt by this elections that will turn them into 'wounded healers'. It might seem like a small gesture but such actions will make news in heaven. Our earthly newsmen only look for the worst because that is what makes hot news.

We as a church and a body of believers have been praying for peace in our country concerning the election. We should know that God is not done with our nation Kenya. We must still pray for better leaders. God has not left us to our own devices. Better days still lie ahead. Sometimes when a good thing is about to happen, all hell breaks loose. Our God can give us a crop of leaders we haven't even heard of because he is in charge of our human affairs.

Our God knows our issues and he knows our needs. Our focus should be on him and that will relieve us from our reliance on human abilities. No one person can save us. It's only our trust in the lord that can save us. If we reconciled that our human abilities are given to appetites and not ideals we profess we would shift our focus to God who can save us and heal our land.