

Testimony of April 10, 2022

'People are not designed to live alone.'

While researching on the Internet, a pastor said this.

It turns out that simply isolating oneself from the group activates stress hormones in lab rats.

The same is true for people; when we isolate ourselves, we feel powerful stress.

This is because loneliness is a threat to survival. I felt it more strongly than anyone else, especially as a single person.

The Bible tells us not to stop gathering together, but to encourage each other.

Let us not cease to meet together as some do, but let us instead encourage one another, and let us do so more and more as we see the day of the Lord approaching."

Bible (Hebrews 10:25)

It does not mean that you should force yourself to get together even if you have a cold.

Consideration that comes from love is essential to the group.

I am saying here that we should not have an attitude of "I don't need anyone's help.

When I read this message, I thought, "This is it! I felt strongly about this.

It was when I had a car accident last year. On my way home from work, I was waiting at a traffic light when a wagon came up behind me and said, "Boom! Boom! Gogo, gahn!" The car hit my car.

What happened all of a sudden? You don't mean me? I was so upset that I could not understand what had happened for a while.

The other party, the assailant, was more upset than I was. I had practiced accident procedures in my previous nursing job and was able to act in a way I was familiar with.

I took pictures of the accident scene, copied each other's driver's license, contacted the police, insurance company, and employer, and the process went smoothly despite my injuries.

However, after that, I spent my days raging and yelling at the person in charge of the other party's insurance company, to my lawyer, to pay the medical bills, and to deal with the pain of my injuries. I was even furious with the receptionist at the hospital.

One day, a good friend and colleague at work told me. She used to work for a non-life insurance company, so she knew what was going on. She said, "They are people too! Sometimes when you talk with emotion, the other person gets emotional too, and things don't go smoothly!" At that moment, I was able to come back to myself.

It was a blessing for me to have met suffering. I have learned your law from it."

Bible (Psalm 119:71)

Also, when I was depressed or thirsty, I suddenly received warm-hearted letters from Yoko many times, even though I had not requested anything. And the timing was amazing...

When I was terminated from my job, Kenta and Yoko and I planned to go to the mountains. I had always heard that we would go there after Kenta's entrance examinations settled down.

At this point in time? I was very happy because it was a time when I was really thirsty.

There is a time to weep, and a time to smile. There is a time to mourn, and a time to dance."

Bible (Ecclesiastes 3:4)

After I learned that I was losing my job, I ended up working until March 31, the day of my resignation, which was extremely painful. I had to take care of my unemployment insurance, and moreover, being a

responsible and serious person, I could not just throw my job away in the middle of the workday and abruptly leave.

At that time, my mind and body were screaming. I became ill and developed "dysautonomia. 'Oh what am I going to do now? What am I going to tell my parents? What should I say to him, especially to my father?'"

I could not come up with any words. Anyway, I did my best to see a psychosomatic doctor and figure out what was going on.

One day, when I was brushing my teeth to go to work, I felt something strange, and then again when I was having breakfast. I felt a sudden onset of anxiety and something like a heart attack. I felt a "pounding in my chest, a racing heart, and a strong nervousness." After a while, I calmed down. I drove to work and as I pulled into the parking lot, the panic attack came again. That day, I rushed to a psychosomatic clinic for counseling. He was different from my usual doctor and what he said was so aggressive that I couldn't really hear what he was saying. I suspected it might be a bad combination of medications, but I later learned that it is common when the autonomic nervous system is disturbed. I then called Rie, Sanae, and Yoko and told them about the situation. I remember being relieved to hear that everyone else had experienced the same thing. I took Sanae-san's advice and went to see an internist and had an electrocardiogram and echocardiogram done, and found out that it was nothing. Thank God!

After that, the pharmacist at the pharmacy helped me with my medications.

Anyway, I wanted to recover my health somehow, and I wanted to try various things that were "good for autonomic nervous system disorders.

When I told this story to my colleagues, one of them had the same experience. I told them, "First of all, you have to stop worrying about it! What will be, will be!" I am very happy to be able to do this. I told my friend at my part-time job about it, and she had a similar experience. I heard that Chinese medicine was good, so I immediately looked it up on the Internet and found a Chinese medicine clinic. I really hope I get well as soon as possible.

Two are better than one. For if they both labor, they will be well rewarded. When one of them falls, the other wakes up his companion. When one of them falls down, one wakes up the other. And if two people sleep together, they are warm, but how can they be warm if they are alone? If one person is alone, he may be defeated, but if two people are alone, they can stand together. A three-twisted thread is not easily broken.

Bible (Ecclesiastes 4:9-12)

One day at work, I found that mean, moody section chief in trouble. I was able to encourage her. She said, "Ebisawa-kun you are having a hard time, so why are you doing so much for me?"

"Because Jesus is by my side!" I said spontaneously. Because I couldn't think of anything else.

Whenever I am having a hard time and my heart is thirsty, I often listen to the famous song "You raise me up!"

God is always with me! That's why I'm okay! I think that is the reason. It is one of my favorite songs.

But he who waits for the Lord will have new strength, and he will go up on wings like an eagle. He will run and not falter, he will walk and not grow weary."

Bible (Isaiah 40:31)

The other day, as a distraction, I asked my father and uncle, "Would you like to go to the beach with me?"

Unfortunately, my father had to work, so I went to a fish market in Ibaraki Prefecture with my uncle. We took a walk along the seaside, enjoying the delicious fish and the beautiful view.

He told me that he had been terminated from his job and that he had autonomic ataxia... He also told me his own saga... I realized that there are many different problems depending on the age of the people. I was able to have a meaningful time with my uncle from the time we left in the car until we arrived at our house. I thank God for this time.

I am thankful to God for this time I am with you. "Do not be discouraged. For I am your God. I will strengthen you, I will help you, I will defend you with the right hand of my righteousness."
Bible (Isaiah 41:10)

I have been suffering from burnout ever since I returned from Canada. I was lethargic and like a different person. When I was in Canada, I couldn't even imagine what I would do after returning to Japan.

I went from job to job and met Ms. Suzuki, a career counselor, at Hello Work Chikusei. She introduced me to the Youth Support Station and an employment support organization called Employment and Human Resources Development, and I was able to think positively about looking for a job.

I was able to get a job as a temporary employee at the city office. When my contract at the city hall was terminated, I went to Hello Work Tsuchiura near my workplace for consultation, and I met Ms. Suzuki again. I was able to think about my next step while being indebted to him again for the next two years. Unfortunately, Ms. Suzuki, whom I respected, also had her contract terminated, and I broke down and cried a lot. Now I am trying my best to get the next career counselor introduced to me by her.

When you pass through the waters, I will be with you; when you cross the rivers, you will not be swept away. When thou walkest through fire, thou shalt not be burned, neither shall the flame consume thee."
Bible (Isaiah 43:2)

'My brothers and sisters. When you meet with trials, consider them as your greatest joy.'
Bible (James 1:2)

It may be good when things are going well.

However, it is in difficult times that we need a presence to encourage each other.

This is because one cannot live alone.

There are many times when we live our lives and we have no end of worries, lose hope, or whatever.

Before I became a Christian, I was trying to live on my own. When I think about it now, I honestly feel like I was holding back a lot.

After I became a Christian, I began to read the Bible and learned about God, and as I began to read God's Word, I realized that I am not alone.

Every word of the Bible is powerful and has saved my heart many times.

God, we need friends to encourage us. May God give us such friends.

I pray in Jesus' name. Amen.

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