

Anticipation of Normal Asthenia Syndrome of Faith in Congregation: Implementation of Psalm 4:1-9

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Abstract. *The Asthenia Syndrome Normality (ASN) of Faith is a phenomenon of weakness and fatigue in the realm of faith. Normal faith asthenia syndrome can evolve into abnormal forms. The research method employed is qualitative, drawing from literature on asthenia. The proposed developmental model is the "Christ's face radiance" model. Anticipatory steps for ASN involve: "eyes" radiating to signify the activity of reading the word of God, "face" turning towards God, and "path" indicating the journey of life lived with faith and hope.*

Keywords: *anticipation, asthenia, syndrome, faith*

INTRODUCTION

The church has a tri-dharma (triple duty) of calling, namely: apostolate, kononia, and diakonia. The purpose of the church's triple duty calling is to proclaim the Gospel to all nations (Matthew 28:19-20). The church's triple duty calling also assists and develops the life and ministry of the church. The church does not only discuss matters of the building and ministry but also how its congregation members become healthy and holy (Ted Hagard, 2002). The vision within the triple duty calling of the church strengthens the determination to dedicate time, to direct energy and prayer, and to work throughout the time given by God (Setinawati, 2021). The calling of the Church, wherein the Church, having received the grace of salvation and blessings from God, has the duty to proclaim and manifest the goodness of God in the midst of this world, in all its struggles and challenges (Eva Inriani, 2021).

In terms of koinonia, congregation members can serve one another by addressing the struggles faced by humanity (Stimson Hutagalung, 2016). The church plays a role in mutual fellowship, in unity of heart, brotherhood, willingness to help and assist one another, and strengthening the weak (Eva Inriani, 2021). Fellowship within the church builds a strong sense of community and alleviates fatigue and weariness in ministry and among the congregation. The ministry's triple duty in the church strengthens congregation members in faith and spirituality, thus centering on Christ (Manimoy, 2019).

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Congregation members will be strong if they are grateful for the blessings of the Lord that accompany and bless us. Because of God's gracious love, we obtain life and salvation. Jesus has risen; Jesus lives and prospers. Jesus rises; the face of Jesus shines, illuminating our lives. The radiance of Jesus' face, his grace, provides affirmation and strength. Congregation members surely need the light of Jesus' face to illuminate life so that the journey of life becomes bright.

However, among the congregation, there are those who are weak, weary, and fatigued in carrying out the church's duties. While previously they were enthusiastic and motivated, now their motivation has diminished. Formerly hopeful, now their hope is dwindling. Once diligent in service and evangelism, now their participation in these activities has decreased. Given this background, the researcher is interested in outlining steps to address the syndrome of normalcy asthenia in faith. This is implemented in community service.

METHODS

The research method employed is qualitative, involving the collection, analysis, and summarization of data to serve as material for Community Service to be presented in the form of an article. The initial steps of the research involve reviewing relevant literature to gain a profound understanding of normal asthenia syndrome. Subsequently, the data is analyzed and summarized to identify factors associated with normal asthenia syndrome. The subsequent process involves the implementation of community service activities as a realization of research findings to make a tangible contribution to the efforts to alleviate normal asthenia syndrome within the community.

RESULTS AND DISCUSSION

The implementation of Psalm 4:1-9

Psalm 4:1-9 depicts King David's experience of being faced with distress, hardship, temptation, and heavy burdens. In such circumstances, King David felt restless and unsettled, even experiencing fatigue, weariness, and difficulty sleeping. The steps in overcoming Normal Faith Asthenia, as suggested by A. A. Anderson (1972), can be explained as follows:

1. Believing in God. King David demonstrated his faith in God. By believing in God, he did not feel afraid or worried. In contrast, many people often become entangled in fear and anxiety.
2. Not seeking vanity. King David did not waste time and energy on futile matters. This contrasts with the behavior of many people who tend to engage in trivial conversations or seek useless things.
3. Offering Sacrifice. King David consistently expressed his devotion to the Lord by offering sacrifices. This includes using talents, abilities, finances, and other resources as offerings to the Lord.
4. Exercising Self-Control. King David was able to control himself in the face of

temptation. He did not respond to evil with evil, but remained calm and surrendered everything to the Lord.

The concept of "Miserecordiasdomini" reminds us of God's grace, which should be the basis for humility and tranquility in facing life's challenges. Therefore, we are reminded to remain surrendered to the Lord and to hope in Him, so that we can shine in our lives, according to the will of Jesus.

Asthenia Syndrome Normality (ASN) is a condition of fatigue considered normal due to various factors such as tiredness, busyness, and anxiety. There are two types of ASN, namely normal asthenia caused by ordinary fatigue, and abnormal asthenia characterized by continuous fatigue.

The characteristics of ASN include easily becoming angry, restlessness, difficulty sleeping, and a lack of motivation to perform tasks. The causes of ASN include stress, depression, life struggles, and emotional instability. Additionally, ASN can also be caused by the absence of the divine light in an individual's life.

In the implementation of Psalm 4, the steps to anticipate ASN involve reading the Bible, praying, singing, and serving. This aims to assist individuals in overcoming spiritual fatigue and strengthening their faith in facing life's challenges.

Fig. 1 Implementation

	<p>Reading the Word of God. Because the Word of God serves as nourishment for the strength of the faith of the congregation.</p>
	<p>Praying is a form of communication with God, channeling all energy and power from God.</p>
	<p>Singing provides strength, freshness, spirit, and renewed energy.</p>
	<p>Serving and humbling oneself is akin to Jesus' act of service in washing feet.</p>

CONCLUSION

Anticipatory education regarding Asthenia Syndrome Normal (ASN) is a crucial

step in addressing lethargy and weakness in faith. ASN can lead individuals to easily feel frustrated, depressed, and even doubt their faith in God. Therefore, believing in God and avoiding futile matters are important initial steps.

The implementation of Psalm 4 offers an effective approach in anticipating normal asthenia syndrome. By returning to God and consuming His Word as a source of spiritual nourishment, congregants can strengthen their faith and overcome the challenges of fatigue and weakness in faith. Thus, anticipatory education regarding ASN not only supports individual spiritual growth but also strengthens the unity and resilience of the congregation in facing life's trials.

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