



August 24 – Science by Niall Horan

Science by Niall Horan

The Gospel text speaks of a woman who has been unable to stand for 18 years. The text speaks of being bound by a spirit, which was making her unable to stand up straight. This is an intriguing description of the woman's ailment. It isn't that she has a physical disease. It speaks of a spirit keeping her down. Simply put, it sounds like depression. Within this cultural context, they would not have had the words to speak of mental illness. It is spoken of as a spiritual matter. As she is healed by Jesus, she moves into praise, embracing gratitude.

This song by Niall Horan speaks of our mental health in terms of science. It is completely natural, even if it does not make sense. Whatever you are feeling is okay. It can be confusing, just like science does not always make sense. You are not alone. This too shall pass. And, no matter what you are dealing with, you still have a pulse. There is a future.

Can you feel what's beneath?
Is it stone-cold under your feet?
Are you numb? Can you touch?
Is the silence a little too much?
And all you wanna do is break out

So, when you feel there's nothin' left
Oh, there's still a heart beatin' in your chest
And when you're runnin' from the flood
Oh, you've got nowhere left to run
It's just science
Don't let it break you down

You can dance on your own
It's okay, 'cause you're not alone
You can hide, you will love
You'll have your days in the sun
But all you wanna do is break out

So, when you feel there's nothin' left
Oh, there's still a heart beatin' in your chest
And when you're runnin' from the flood
Oh, you've got nowhere left to run

Oh, when you feel you're sinking, overthinking
Time is crashin' down
Oh, if you need somebody
The world's too heavy to shine
It's not too late now
It's just science (don't let it break you)
Don't let it break you down (don't let it break you down)
It's just science (don't let it scare you)
Don't let it scare you now

Pastor Michael Schmidt