

**The Woman in the Hole**  
**By Alan W. Gruning, D.O.**

There once was a very nice woman named Ordinary who was a very good person. She went for a walk one day in her neighborhood and fell down a very deep hole she did not see. She was cut, scraped, bruised and hurting. She looked around and saw only dirt and some trash thrown down the hole. She looked up and saw only the light of day at the top of the hole.

Ordinary said, "I'll get myself out of this problem" and tried to climb the steep walls of the hole. However, she kept slipping back to the bottom. She soon realized that, on her own, she couldn't get out of the hole. She then fell into deep despair.

Ordinary thought, "How will I ever get to the top before the light is gone?"

She shouted up, "Can anyone up there please help me?"

A crowd assembled around the hole.

The government representative threw money down the hole and said he would return with many other workers, after he studied the problem, to throw more money down the hole. After all, that is the government's job.

The scientist said it would take some time to devise the technology to get Ordinary out of the hole. Perhaps if she waited long enough, he reasoned, Ordinary would evolve wings and fly out on her own. After all, if we can't get her out of there, or she can't get out on her own, there is no hope.

A holistic doctor offered to spend time talking to Ordinary about her lifestyle and her blocked detox pathways. He threw down some homeopathic preparations and detoxification supplements, which seemed to make Ordinary feel better, but only for a little while. He offered to hypnotize Ordinary so she would believe she was out of the hole.

A psychotherapist was there who offered to talk to Ordinary about her lack of self-esteem and need to shed guilt over falling down the hole. These were holding her back from being able to climb out of the hole on her own.

A new age healer and Reiki master threw down some crystals and offered to do energy techniques that would help Ordinary heal so she could get out of the hole on her own.

A famous self-help celebrity threw down a copy of his book and invited Ordinary to a seminar where she could learn proven techniques to get out of the hole on her own, be happy and wealthy, and retire early.

Some religious leaders were also there.

A Rabbi said he would pray to God for Ordinary. She must be down the hole for disobeying God's Law and needed to repent. He threw a copy of the Torah down the hole and told Ordinary to read, pray, and keep The Law.

A Hindu priest said that Ordinary needed more meditation and yoga to transcend this world and save herself. If she was down the hole, it must be due to bad karma, and it would be better if she died so perhaps she would be reincarnated as an animal that could get out. He then threw down several idols of Hindu deities and told Ordinary to worship them.

A Buddhist leader said that Ordinary must have been very selfish to be suffering in the hole. He shouted down the Eightfold Path to help her eliminate her cravings, achieve enlightenment, and enter Nirvana while still in the hole. He threw down a statue of Buddha and told Ordinary to worship him.

A follower of Confucius looked down the hole and said, "Woman is in hole; woman must get out of hole." He said Ordinary was obviously there for not following the Five Virtues and called them down to her. He drew a hexagram and threw it down the hole. He then told Ordinary to worship her ancestors.

A Muslim said Allah had judged Ordinary and must not love her. She needed to confess, pray, fast and give and maybe Allah would be merciful, and she would be delivered from the hole she was in. He threw down a copy of the Koran and told Ordinary to read it, obey Mohammed and worship Allah.

Some Mormon missionaries came by and threw down a copy of the Book of Mormon and told Ordinary she needed to learn the words of Joseph Smith that he had received from the angel Moroni. She would get out of the hole when she became a Mormon and followed all their rituals and works. In fact, she would become the god of her own world.

A Jehovah's Witness was there and was asked what he thought could be done about the woman in the hole. He threw Watchtower literature down the hole. Since he hadn't memorized an answer to Ordinary's problem, he headed back to the kingdom hall to ask an elder what the Watchtower said he should think about this. The elder returned and shouted down to Ordinary that if she followed the Watchtower, she could earn the right to stay in the hole.

Some Christians from a nearby church came by and offered to pray for Ordinary in the hole. They told her that she must have committed some grave sins to be down there and needed to repent so God would forgive her and give her the strength to get out of the hole on her own. They threw down a Bible for Ordinary to read.

Ordinary looked around at all the books, idols and trash in the hole with her. She was so confused. Who was right? She became very anxious. The light was fading, and she could not climb up the sides of the hole no matter how hard she tried. "I will never get out of this hole and will probably die here," thought Ordinary. She became very depressed.

From the back of the crowd assembled around the hole, a man gently pushed through the onlookers and those meaning to help. It was Jesus. He got to the edge of the hole and looked down to see Ordinary trapped in the dark. He had compassion for her and jumped down into the hole.

"Don't be afraid. I am here and will help you," Jesus said. He cleaned up Ordinary's wounds and gave her something to drink.

"Follow me and I will get you out of this awful place," said Jesus.

"I have tried and tried, and I can't get up these walls. How are we going to get out of here?" asked Ordinary.

Jesus reached out His right hand and looked into Ordinary's eyes. "Trust me, My daughter."

"I have never been very religious," said Ordinary.

"That is ok. Neither am I," said Jesus.

Ordinary thought about it. Jesus was the only one who cared enough to get down in the hole with her. He had cleaned her up and given her something to drink. Ordinary felt a sense

of hope now with Jesus there and she knew somehow that Jesus could get her out of this hole. She reached out her hand and put it in the right hand of Jesus. "I trust you," Ordinary said.

Jesus gave her a huge smile and then hugged Ordinary. Together, they climbed the walls of the hole. It was a lot easier now than when she had tried to climb out herself.

When they got to the top, the crowd had gone. They had moved on to another hole with someone trapped in it to offer help to them.

"What can I ever do to thank you for rescuing me from that hole I was in, Jesus?" asked Ordinary.

"Follow Me and spend time with Me. Read My Word, the Bible. Talk with Me about everything. I want to be with you all the time and guide your life so that you won't fall down other holes that the enemy has prepared." He pointed to a person off in the distance, digging a hole. Ordinary could tell somehow this person was evil and was digging holes to trap others like her.

"Why did you jump down into the hole to help me out? There are billions of people in this world. Why do you care about me?" asked Ordinary.

"Because I love you!" said Jesus.

Ordinary invited Jesus to her home to have dinner with her.

While they were sitting together, Jesus said, "I have plans for you, Ordinary. When you have recovered from being in the hole and are ready, I want to send you out to encourage people that have fallen into holes. You can tell them that you know the way out. They can't get out on their own. They need Me to help them out. I am their Healer and Savior and want to be their Lord. I am the Way, the Truth, and the Life."

Ordinary understood now what good would come from her time in the hole. She could help others that had fallen in holes. She felt a sense of peace and purpose she had not had before. And she knew Jesus would always be with her on this journey.

## Epilogue

Having a chronic illness like CIRS can seem like you have fallen down a deep, dark hole and you can't get out. The Lord has put me in your life to help you get out. Heaven knows He does not need my help but has chosen to use me. Jesus is the true Healer. While we work on your physical healing, please consider developing a relationship with Jesus for your emotional and spiritual healing. You can contact me for more information or go to [peacewithgod.net](http://peacewithgod.net)

May the Lord bless you!