

The Wonder Of It All

Life can be ordinary and dull or it can be fantastic. The choice is ours to make. I am sure we have all heard the old saying, "Take time to smell the roses." Psychologists often tell clients they need to get in touch with the inner child. While I disagree with their philosophy here and wouldn't use that term or method in counseling there is a truth here. There is a wide-eyed child amazed by self and the world around them with each of us. We need to make contact with that child.

When life comes at us hard and fast we often get stuck in a rut and life becomes dull at best. It has been said that all work and no play makes Jack a dull boy. It can be a fault and even dangerous to our well being to procrastinate and never complete anything. However, this is one more place we need to learn perspective. Some things require immediate attention, most however will still be there tomorrow. Taking time to pamper self is good medicine and makes facing difficult situations much easier.

I have always appreciated beautiful flowers, yards, and gardens. My busy schedule never let me really enjoy these things, much less endeavor to have one of my own. God in His graciousness caused me to be down for a couple of months when I had to have a hip replaced. Bored beyond belief I purchased a small garden pond with the idea of creating a small area around this pond like I saw in magazines. Being in a wheel chair at the time was no hindrance; I simply recruited my wife and daughter to do the real work. That is said tongue in cheek, but also is very true too.

Our pond and garden area will not win any prizes in the next landscaping contest, but it has brought many happy moments to us. Just the process of stopping life and taking time to create this garden spot was of great value to all of us where we realized it then or not. All that aside however, I learned a great lesson from this time out. I uncovered a green thumb of sorts that had always been there but I was too busy to take out and exercise. Now when life gets really rough and I am meeting myself coming in the door as I exit the same door I just stop. I stop and visit my own little garden and enjoy the wonder of new life a great gift of God for calming the nerves and mind. With trowel in hand and the smell of fresh soil all around the trials and tribulations of the day fade rapidly and I can get lost in the wonder of it all. I found that we have the time to do exactly what we want to do. What once seemed like work itself is a great enjoyment and all of life is a bit sweeter because of the time out to smell the roses, literally.

The beauty and glory of God is all around us. It is a sad person who cannot see and be amazed with what God has done. Paul in the book of Romans says this natural creation all around us reveals God to us. He continues and says it reveals even the glory and sovereignty of God. Release the child with yourself and enjoy life. Life is much too short for the tribulation most of us allow it to become.

Dr. Chuck Baynard - April 18, 2006