

## **“THINKABOUTIT” THOUGHT FOR THE DAY**

**Thursday; April 3, 2008**

---

If you are not a runner, the term “Achilles tendonitis” might not have much meaning; but, if you are and you have suffered from the malady, just hearing the phrase can bring tears to your eyes. The inflammation of the Achilles tendon is common among runners for a variety of reasons; but, the long and the short of this story is that it is a not-so-subtle reminder that you need to change something about your running. The problem doesn’t just go away, it requires rest, a change of shoe, more stretching or some other adjustment to get back to normal.

Interestingly, most of us have something similar in our lives; whether we are runners or not. Our consciences, when properly trained, can tweak us when we need to make some kind of alteration in our lives. An inflamed conscience is a sign that something is amiss, so, when we feel the twinge it’s up to us to figure out where we’ve erred and how we can make it right.

How’s your conscience? In other words, how’s your life?

Think about it! For the Madison Avenue Church of Christ; this is Charlie Wharton.