

“THINKABOUTIT” THOUGHT FOR THE DAY

Wednesday; December 5, 2007

Last weekend was the first blast of winter for our part of the country and – of course – I had to be on the road. As I motored over the slick streets and into the wind-blown snow, I could feel myself start to tighten up. When I thought about it, I realized that getting tense wouldn't make me a better bad weather driver; if anything it would make me worse, so I tried to consciously think about relaxing, getting comfortable and work at focusing on responding to the conditions as I found them.

When tough times hit our lives; one of the first things we tend to do is become anxious and tense up. If the truth were known, by fretting and worrying we not only limit our ability to respond appropriately and we can also make things worse than they really are. If we start to face some struggles in our lives, let's work on relaxing, finding the comfort we can in life and deal with things as they happen. Learning to relax might not rid us of the problems; but, it could make them easier to overcome.

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