



BUMBLEBEES

Have you ever watched a bumblebee in flight? Laws of aerodynamics say that bumblebees don't have the capacity to achieve flight. In other words, they aren't shaped right for flight. Their bodies are too fat and heavy and their short wings should be incapable of lifting their heavy bodies. The fact is God gave them the power to fly, so they do.

They haven't stopped to listen to those who say they can't. How often do we not do something because somebody told us that it wasn't possible, or that we couldn't do it? Many before us have achieved great things that others told them were not possible. They just believed in themselves, learned from their mistakes and made it happen. I found a great quote from Henry Ford that sums this up:

"Whether you think you can or think you can't – you're right." So, don't waste time listening to those who say you can't. Use the abilities that God has given you, take inspiration from the bumblebee, and get out there and do it.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9 (NIV)

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7 (NIV)



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INGREDIENTS

Looking in my pantry I see a wide variety of items. Ingredients for many types of recipes are contained there. When I decide to make cookies, I will use the flour, sugar, shortening, and probably the chocolate chips. The vinegar, curry powder and Tabasco sauce have their place in other dishes, but would not be good additions to my cookies. The ingredients I choose are important to the success of what I am making.

The same is true with my life. When I wake up in the morning I can choose the ingredients that will shape my day. If I throw together bitterness, self pity and anger, my day will reflect this and will not be pleasant. If I blend together faith, gratitude, love and acceptance, my day will be much more positive. During the day, as circumstances change, the ingredients may need to be adjusted so that the desired outcome may still be achieved. I have found that a sprinkling of humour at points during the day is also helpful.

One thing that I have realized is that when I start my day with prayer, the other ingredients for my successful day are much easier to come by. I don't have to go out and look for them, I just pray for the strength and grace to handle whatever comes my way. The ingredients that I consciously choose to add to my day will directly affect the outcome, so I need to choose wisely.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. Philippians 4:6,7 (NIV)



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BROKEN

As I walked along the shore I picked up some shells that had been broken, exposing the inner parts that would not normally be seen. It was interesting to see that there was very little debris, such as clumps of sand or tiny fragments of broken shell, inside. They had been washed clean and dried by the warmth of the sun. Other shells, the ones that appeared intact, had this debris, or garbage, visible at their opening and must have had more trapped in the areas that were not visible.

This got me to thinking. Did I have a tough shell around me? One that is not only hiding the garbage inside so no one sees it, but also preventing this debris from being washed away? When was the last time I cracked open that shell and let anyone see what was really inside of me? Maybe it's time to open up and let the waves of God's love wash away the silt inside of me and the light of His Son warm me. Then, there will be no need to fear if others can see through the cracks into a heart that is exposed. Its imperfections will have been cleansed and its inner beauty revealed.

For you were once darkness. But now you are light in The Lord. Ephesians 5:8 (NIV)



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TIDES

Upon checking the tide schedule we knew that the water would be high that week. There would not be much change between low and high tide. We knew that this would cause a few challenges on our walk along the beach, but were not going to let that stop us. When we came to a tricky spot, Brian showed me how to watch the waves so we would know the best time to make our crossing. Jokingly I said, “So I shouldn’t just rush in, but wait for the right timing?” We looked at each other with the realization that this applied to so much more in life than this present situation.

In life I often rush into things without gathering enough information to see if the timing is right. When I decide that I want something, I want it now. One of the hardest lessons I have learned is that God’s timing is not the same as mine. Sometimes, the waiting brings lessons of its own. Sometimes, by waiting, I am rewarded with something far greater than what I had originally wanted. God’s timing is always perfect.

But as for me, I watch in hope for the Lord. I wait for God my Saviour; my God will hear me. Micah 7:7 (NIV)

I say to myself, “The Lord is my portion; therefore I will wait for him. The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.” Lamentations 3:24-26 (NIV)



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REST AREA

Have you ever paid attention to the Rest Area signs when driving a distance? They are something that we tend to ignore until we need them. When a stop is needed we are on the lookout for these signs because we know that they will lead us to a safe place to pull off of the highway and take a break.

While I was on a road trip, I realized that there is more than one type of rest area. Some signs just said Rest Area and some said Partnership Rest Area. This got me to thinking of the times that I need to stop and rest. Sometimes I need to just take a break from everything and everyone and other times that rest needs to be taken with my partner. The rest refreshes us and prepares us to get back into the flow of life again.

In all the hustle and bustle of our busy lives it is more important than ever that we stop and take a rest. Trying to do everything can be very stressful. When you get overwhelmed with all that you need to do, stop and think of the Rest Area sign and either on your own, or with loved ones, take a detour off of the busy highway and rest awhile with Jesus. He wants to be our partner and give us the rest we desire as we spend time with Him. You'll be so glad you did.

But let all who take refuge in you be glad; let them ever sing for joy. Psalm 5:11(NIV)



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SHADOWS

While driving on a sunny morning I was amused by the shadow of our car. The angle of the sun had the shadow removed quite a bit from the car instead of appearing attached. The car looked to be short and squat, sitting on enormous tires. We had to laugh at the image of our “raised up” car.

Merriam-Webster dictionary defines shadow as: “A dark area or shape produced by a body coming between rays of light and a surface.”

This got me to thinking about the shadows in my life. When I am in the shadows, things seem distorted, much like the image of our car did. I do not see a true picture of my life. There is no colour in the images I see, only darkness. What I need to remember is the darkness and distortion is not the reality. Something is temporarily blocking the sunshine to create these shadows. Too often, it is me. I read a quote from Ralph Waldo Emerson that said “Most of the shadows of life are caused by standing in our own sunshine.” How true that is.

Shadows in our lives are only temporary. It may seem like a long wait sometimes, but the sunshine always reappears. Something I remind myself of when I am in the shadows is found in the 23rd Psalm. It says “though I walk through the valley of the shadow of death...” This tells me that I will not be left in that valley of shadow, but I must go through it to get to the other side.

Whatever is causing the shadows in your life, keep walking through them and one day you will be in the sunshine again. They spring up like flowers and wither away; like fleeting shadows, they do not endure. Job 14:2 (NIV)



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RECIPES

I decided to try a new recipe. We both felt like lasagna would be a good meal, but as I have some food issues, that is not as easy as it sounds. I searched online for a gluten and dairy free recipe and found one that looked promising. We picked up the necessary ingredients and made a meal that was a real treat for me.

I posted online that I had tried this new recipe and really enjoyed it. Little did I realize that this would be one of my more popular posts! Requests for the recipe started coming in. As I was sending it off, I commented to someone that, while being gluten and dairy free is a challenge, if I want something badly enough I can usually find a way to make it happen.

Those words struck me and I thought of a quote my husband had used in a presentation the night before: “If you really want to do something, you’ll find a way. If you don’t, you’ll find an excuse.” (Jim Rohn). How true that is in my life. I tend to be very good at making excuses. Is it the same for you? Do you think about things you want to do but find yourself making excuses? This awareness has caused me to think about how to make a way, instead of an excuse. It’s time to go after some of those things I want in my life. My recipe for lasagna also reminded me of an important recipe for life!

Taste and see that the Lord is good. Blessed is the person who takes refuge in him.
Psalm 34:8 NIV



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