

# Embrace the Journey

Wow- I can't wait till.....How many days have you spent wishing the days away? Sometimes we are so busy getting to a goal that we forget to enjoy the journey. I must admit that I too have been guilty of this-even just yesterday.

There is so much going on as we meet with business leaders, grant writers. Ministries, contractors, and others with a heart for this mission. I am so excited about what our new ministry center will be able to offer. It is beyond anything I have ever imagined. So many community needs will be met in this God -sized vision, especially the needs of the less fortunate.

If I am honest a part of me wishes we were having its grand opening today, but that is not to be quite yet. There is a process I must embrace. I have a few choices to make. I can become impatient and anxious or I can enjoy this amazing journey, Scripture tells us to "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" .Philippians 4:6-8. NKJV

Some of the healthiest and happiest people I have ever met are those who have learned to "take one day at a time" and enjoy life's journeys. They have balance in all areas of life and their identity is not dependent on where they are in life's journey. Sadly, many of us are like kids on a trip constantly asking "Are we there yet? There is no enjoyment of the pretty flowers, mountains, family conversations, or the songs on the radio as we travel. All focus is on simply getting to our destination and then off to the next. I can remember rushing through college and not taking time to enjoy campus life. Many years of my life would have been much happier if I had simply known to enjoy the journey.

Admittedly, rushing in a journey is not good, but it is even worse to not begin. Sometimes we fear that we are too old or the journey is too long or difficult to start. A few years ago my sister complained to a friend that she was too old to go back to school. Her friend reminded her that she would be turning fifty either way and encouraged her to begin the journey. In just a few weeks she will be graduating with a Master's Degree in Nursing from WJU. What a great way to celebrate turning fifty!!! It began with a single step.

What journey are you not embracing? Is it a family, career or relationship goal? Is it a step to beat an addiction and to continue in sobriety? Does it require you to face a fear? Who can help you on that journey....a friend, counselor, pastor, or mentor? Are you ready to take the next step? What is in your way? In this microwave instant society we must be intentional and embrace our journeys-even the mountains and seemingly impossible paths because they too enrich our lives.