



she loves

Devotional

October 22, 2009

AAAAHH Palm Springs!

I was standing in a line up at the bank the other day, and the gentleman in front of me was withdrawing US Cash for a trip to Palm Springs. AAAAAHHH Palm Springs! Does that name conjure up the same emotions for you as it does for me?

Almost exactly 4 years ago (mid-October 2005) 11 members of my family were scheduled to spend 10 days at a friend's home in Fort Meyers, Florida. As Hurricane Wilma hit the coast and all flights were cancelled, we made a last minute, mad-dash scramble to change plans. Within a few hours we managed to transfer our plane tickets to Los Angeles, and rented a beautiful 5 bedroom house with its own pool in the middle of Palm Springs. WOW was that a great week! I think it was one of my all-time favorite holidays.

I came home and wrote in my journal, "I feel so relaxed that I can't imagine ever feeling stress again", and then a few sentences later, "I know this feeling won't last forever, but I want to hang onto it as long as I can".

Of course time passed, and work became busy, sports resumed, the kids were loaded with homework, then they got sick and the house got messy, we forgot to pick up milk for breakfast and, a few weeks later, I felt as exhausted as I was before we left.

As much as I wanted to, I just couldn't take off to Palm Springs again! As I reflected on what I was feeling, I was convicted again that somewhere, somehow, I need to figure out how to rest and to restore the health of my body and soul in the midst of the craziness of everyday life.

Since that holiday, I've thought a lot about how to create times of rest so that I can meet life's challenges from a position of strength, rather than exhaustion. In this journey to find balance, I've found some great resources. The most recent was a seminar that I attended on October 8 entitled, "Leading from a Healthy Soul".

Mark Buchanan, one of the guest speakers highlighted the following verse:

"Therefore we do not lose heart, though outwardly we are wasting away, inwardly we are being renewed day by day" (2 Corinthians 4:16). The world has got it all backwards, Mark said. With all our beauty products and exercise regimes and plastic surgery, our cultural voice, could almost be quoted to say, "Inwardly we are wasting away BUT outwardly we are being renewed day by day!" Hmmm. How do we respond to that? Is it true of us?

How can we renew ourselves, inwardly, daily?

He highlighted another verse, Phillipians 2:17, in which Paul writes, *"But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you."*

As people who are involved in our communities, our families and our churches do we sometimes feel like we are being "poured out like a drink offering"? Are we expending energy serving and meeting the needs of others? If so, Mark challenged us to think about where we are feeling "poured in to". A jug of water can only pour out so much before it dries up and needs to be refilled. The same is true of us.

Mark's co-leader, Mindy Caliguire, brainstormed a list of "soul symptoms" with the group. Where do you fit? Where would you like to be?

Symptoms of Soul Neglect:

Impatience, Cynicism, Judgmental, Distraction, Anger, Joyless, Passion-less, Bitterness, Alone-ness, Resentment, Fantasizing, Dreaming of an Escape, Self Pity, Confusion

Symptoms of Soul Health:

Peaceful, Tolerant, Trusting, Generous, Hopeful, Creative, Listening, Confident, Thankful, Carefree, Energized, Motivated, Feeling Rested, Optimistic, Assuming the Best

I want to be in the second group, don't you!? Different personalities may have different approaches to rest, but to truly bring health to our souls, don't we have to purposefully connect with God - through His Word, through Worship and through Prayer?

Browse through the following list of ideas for nurturing your soul. I'd love to hear what is meaningful for you too:

- Pray while walking in the woods or in your neighborhood
- listen to upbeat Worship Music
- listen to reflective Taize-style worship music
- meditate on a verse of scripture while you exercise
- redeem the moments when you are delayed or stuck in traffic to listen to what God may teach you as you wait
- carve out time for personal bible reading
- sit by your fireplace with a cup of coffee and no agenda
- find places of stillness and silence
- join a prayer group or a worship group
- spend time developing "spiritual friendships" with those who can encourage you on your journey
- stop
- sit down
- rest

Proverbs 4 reads, *"My son, pay attention to what I say; listen closely to my words. 21 Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to a man's whole body. 23 Above all else, guard your heart, for it is the wellspring of life."*

May you and I overflow with life originating from a healthy heart and a healthy soul,

Blessing, on behalf of the Northview Women's Commission,

Kristal Toews

Administrative Assistant for Men's, Women's, and Singles Ministries

northview
community church

© 2009 Northview Community Church
32040 Downes Rd Abbotsford BC V4X 1X5
Phone: (604) 853-2931 Fax: (604) 853-9921
General Info E-mail: northview@northview.org

"Loving God, each other, and the world"