

I PLANTED, APOLLOS WATERED, BUT GOD GAVE THE GROWTH.

1 CORINTHIANS 3:6

May 2018 Pastor Tim's Message

As we head into May, this is the time for nurturing and growth. Our long winter is finally receding, giving way to the warmth of spring as we begin to think about planting our gardens and flower beds or just enjoying the fruits of other people's gardens. This is also a good season for us to reflect on how well we are growing and being nurtured in our lives. Because it is so easy for us to get out of balance as we pay attention to parts of our lives, but ignore other parts. It is kind of like watering and weeding one part of the garden and ignoring the rest.

If you were to think about where you spent your time in a week, what would it look like? Is it healthy? Think about these areas for a moment.

Our society teaches us to do everything we can to succeed at our jobs, to "go the extra mile," to say "yes" to everyone, to please everyone. Add to that the great Protestant work ethic ingrained in our heads, and we're doomed to be up to our eyeballs in work. Even when someone retires that doesn't mean the end of working. Many continue to devote a majority of their time to volunteer work. The tough question becomes ... what is God calling us to do? And is a life of constant busyness really a faithful life?

Then there is "self." This part often is ignored because we've been conditioned not to be selfish. But caring for self is not selfish, it is necessary. We cannot adequately care for others if we don't care for ourselves. How do you care for yourself? Your mind? Your body? Do you take time to just be quiet and "be"?

Finally, and most importantly, there is our faith. When we are centered and grounded in God, our priorities take a new shape and problems are seen from a different perspective. I encourage you to find at least fifteen minutes two to three times a week to pray and read scripture. Pick up the Upper Room devotional at church to help guide your time. Take time to be with God and see the difference it can make in your life.

I invite all of you to seek a balanced life, where all the areas of our lives are growing and being nurtured in a healthy way. Awareness is the first step. Begin to pay more attention to the areas in your life that you are short-changing. Scale back in the areas that have taken hold and leave you feeling constantly drained of energy. Enjoy more things that bring you joy and feed your soul. Grow deeper in your faith and you will find the means to bring all the areas of your life into balance. Finding balance isn't always easy, but for the sake of our mental, physical, and spiritual health it is worth it.

May God bless this growing season in us, *Pastor Tim*