



Be with me in my haste and in my leisure

Haste suggests busyness. Busyness has a line in the sand beyond which it poses extremely detrimental effects on our health and happiness. Having things to do can provide a sense of accomplishment, which is healthy and positive. However, overloading our lives with things we presume we must do is both arrogant and unhealthy. It can be lethal.

If we are especially prone to excessive busyness it is a character flaw that can eventually cause our demise. Unfortunately, some people are hopelessly overburdened and trapped in unimaginably difficult situations not of their own making. When that is truly the circumstance they need our help, and that should become our mission. If, however, excessive busyness is created by our choices it becomes a moral issue and borders on

foolishness. If we become inundated by busyness of our own creation it is a situation that God's help is needed and should be sought.

The dualistic counterpart to busyness is leisure. Leisure is a desirable experience and one to be celebrated. However, when we are relaxed and having fun, we tend not to give much thought to our relationship with God or the source of our pleasure. Paying attention to God tends not to be on our agenda when we don't feel burdened or concerned about an issue. Yet, what a special time to tune in to God for a quick moment of gratitude.

"Thanks, God, for the relief I am feeling in this time of leisure. Remind me of your presence and active involvement in my life."