

Just Thinkin' About...

By Pastor Ron Lundy

Having fun...

Leslie and I were starving to death on the latest crash diet. After about 14 hours of utter misery she looked at me and said, "This is really dumb." The ensuing race to the kitchen was a blast!

I would be the last person to say that crash diets are useless. Everyone ought to go on one at least once or twice a month just to experience the sheer joy of giving it up. Seriously, I do not remember having that much fun in the kitchen...ever!

Believe it or not, I have been able to find a moral to this story, and here it is.

The prospect of an easy fix, like a crash diet or winning the lottery, robs us of the joy of developing fundamentally sound lifestyles that create success. Saving for retirement, raising kids, building or rebuilding marital relationships, mentoring, growing in grace; all these take time and there are no shortcuts. These are all accomplished through developing good habits in a healthy lifestyle.

Winning the lottery to make up for a lack of retirement savings is going to be about as effective as going on a crash diet to cure 30 years of dietary neglect. Retiring with enough money in savings to last the rest of your life is fun. Building lifelong friendships is fun. Looking back over a life well lived is much sweeter than a life of lucky breaks, even if you do get all of them.

Prov 13:19 "The desire accomplished is sweet to the soul".

Pastor Lundy

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