

Don't Minimize Your Blessings

By Pastor Bill Hayden

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Too many times I have been guilty of minimizing small things. "I have done that and been there before... so, I don't give it much thought or energy." To my surprise, after having some health issues, I welcomed the ability to experience those small and familiar things... once taken for granted. I am sure that I am not alone in taking things for granted. Every now and then I get a big dose of reality that awakens me to appreciate the small things that I have failed to appreciate.

When you and I are physically fit, the challenges in competing are fun and exciting, whether we win or lose. Our attitude is, wait until the next time, it will be my turn to win. Seldom do we think that it could be our last game or competition. We might be at the top of our game and within a day that could all change. When that day comes and circumstances change, we usually don't have a plan B. It's like being a champion athlete who ignores the somewhat gentle signs (your timing is off, reoccurring stiffness, longer recovery from energy, and the list goes on).

What are your plans when you can't do the things that you have taken for granted over the years? Will you become a bitter person or a better person, when you reflect on the past joys of participation that you were able to share in?

If we dwell on what we are not able to do, it can have an overall effect on us mentally, physically, spiritually and socially. I know people who have withdrawn from others because of their disabilities due to aging. Believe me, that is not the time to fold your arms and close yourself off from others. If there is ever a day when we need to walk with open arms to embrace those who understand and love us, it's now, as we age and develop disabilities.

Each day I'm abundantly grateful for all that I have experienced and will experience with the time that I have been given. May we be reminded each day in **Psalms 118:24 NKJV** "*This is the day the Lord has made; We will rejoice and be glad in it.*"

Celebrate with us at the Villages Community Chapel in Cribari Auditorium, every Sunday at 10 a.m. to be encouraged over the Word of Life, enjoy a cup of coffee and cookies with friends. The chapel is a place for needs to be met, faith to be affirmed and new friends to embrace. You can view our worship services on YouTube at Villages Community Chapel San Jose, CA.