

WHEN LIFE SEEMS UPSIDE DOWN!

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Lately I've had a series of, well, challenges. Here at the new business offices we've been trying to dig out from the move, which has proven to be not so easy of a task. I've had several health issues, not serious but annoying all the same.

My condo has had some plumbing issues and scheduling the plumber around my already hectic schedule was, to say the least, challenging and stressful. There have been several financial "oops" that have caused stress as well. My life has seemed, for the past month or so--upside down!

To add to the anxiety and stress, for whatever reason, my condo association decided that the first week of February was when the sidewalks in front of my residence should be replaced. That means I have not been able to park in my designated parking space for the past 3 or 4 days. So, I have had to park where it has meant an uphill and fairly long walk for me--in the cold!

I'm normally a very up and positive person. I guess I get that from my Mom who, thank heaven, I still speak with several times a day. I have to admit, though, it's been hard for me to be cordial with her at

times when she was "up and happy" and things for me seemed to be going the other direction. Yes--I have felt like I was teetering on a little depression several times.

It seems like I have been willing at times to sit and dwell on all the negative events that were occurring in my life at one time. I can't say I enjoyed wallowing in the issues but sitting around thinking about them certainly wasn't solving them nor was it helping my attitude. Pity party?

I finally realized, like I have written about so often in these articles, that my life really is great. I do have a home where I can relax and sleep. I'm not wondering when and how I'm going to get my next meal. I'm not concerned that I can't make my mortgage payment or pay my other bills. I have family and friends who care about me and who I care about. And I have my health--aside from the little bumps I've been experiencing. Overall, I realized that God has blessed me and all the rest of these experiences are just happening alongside the blessings of abundance I have been given!

As I have written before, none of us have to look far for those who don't have residences. Those who don't know when they will have their next meal. Those who may have spent last night under an overpass or bridge in 25 degree weather. And I'm complaining and

focusing on my "little woes"???

It is said in the account of Jesus feeding the 5,000, that before he "broke the loaves and shared the few small fish" he looked up. It is my belief that he was "overlooking" the negative situation of 5,000 hungry people and seeing the positive outcome that he knew was about to happen. All would be fed!

I'm trying to take his example and incorporate it into my life. I'm doing my best to overlook the negatives and focus on the blessings and positive outcomes that I know are happening now! No, it hasn't been easy the past month or so, but the alternative of sinking lower and lower into a state of depression just wasn't an option!

It is my hope that we can all focus on the blessings in our lives knowing that, whatever is happening right now, is only going to get better--even if our lives are going great at the moment! When we focus on our blessings the "other little things" seem to pale and fade away. When that happens we make our lives better! And, as I have said so many times before, when we make our lives better we make the lives of those around us better. And that makes our world a little bit better place!

God Bless--

All my best--

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