

Rush Hour

Recently, I got another taste of rush hour traffic. This time, it was in the Milwaukee/Chicago area and once again, not at all to my surprise, I found I still didn't like it. What about you? Are you a rush hour fan? Whether you enjoy rush hour traffic or not, life itself has become a twenty-four hour rush hour.

How do we learn to live within the rush hour traffic of everyday living?

Avoid

With some planning, one can avoid the brunt of rush hour traffic because it only lasts for a few hours.

Rush hour traffic in life is a bit more challenging. We have things to do; places to go. But do we have to do everything? Do we have to go everywhere? Aren't there some activities where we can simply say, "No?" Our God says, "I know the plans I have for you," but those plans aren't to rush here and rush there all day every day.

His plan, created with much thought and wisdom, is that we become more selective as life moves at a faster pace, that we set our priorities and choose not to chase the guy ahead of us who is going 85 mph in life's 60 mph zone. When we can choose, when we have the option to say, "no," we also have the option to avoid some of life's rush hour traffic.

Schedule

When we know rush hour is coming and we can't avoid it, a wise move is to schedule a quiet hour once we survive rush hour.

In life's rush hour, those who are wise schedule

quiet hours, quiet moments. Aware that their day is going to be hectic, they plan a quiet evening or, at the very least, some quiet time to regroup, to step out of the race and be still.

God hasn't asked you to run 24/7/365 and if others expect that, their expectations are ridiculous. As our God says, "Be still and know that I am God," He reminds us to schedule quiet moments and to use those quiet moments to remind ourselves that He is God and what He needs us to do will get done.



Anticipate

I'll admit that I couldn't wait to get out of Chicago rush hour, that I was anticipating two-lane highways where I could watch the deer and turkeys cross the road.

When we deliberately schedule quiet moments, we then anticipate them. Since we know they are coming, we look forward to them, tell ourselves that they are coming, and enjoy them to the max when we arrive.

While we can't avoid life's rush hour, we can daydream of what lies ahead, of what we will enjoy in our scheduled rush hour breaks, in our rush hour rest areas. When we have something peaceful to anticipate, it will help us survive the rush hour convinced that something better, brief as it may be, is just around the corner.

Most who encounter rush hour traffic on their daily commute, don't appreciate rush hour traffic any more than I do.

However, sometimes it's events like rush hour that give us an opportunity to rethink our approach toward life, to choose a different route, a better mind, body, and soul route as we encounter what we cannot avoid - Life's Rush Hour.