

Rat Race

We all know it has nothing to do with rats, and, likewise, we all know we don't like it, but it's the way of our world. Oftentimes, it becomes our way simply because we've allowed it to slip into our lives. Because it's so commonplace, many think that there's nothing we can do about it. Yet that's not entirely true.

How do we interrupt life's rat race?

Choose

How many choices do you make every day? Of those choices, how many do you make without even realizing you are making them?

Somewhere we chose to step into the rat race which means that somewhere we can choose to step out. Stepping out begins with a choice. Ever noticed that choosing is the toughest part of many tasks? Once you decide to do it, the next step is much easier.

The only way out of the rat race is to choose to step off the track. Joshua, in the Old Testament, proposes a significant choice as he reminds us of the power of choices, "Choose this day whom you will serve, but as for me and my house, we will serve the Lord."

If you're tired of the rat race, make the choice. Choose to step off that track. Nothing can happen until we choose.

Plan

If you decide to go on a vacation, will your vacation be what you expected if someone doesn't do some

planning prior to your departure?

Once we decide we're not going to continue participating in the rat race, our next move is to create a plan. We have to figure out what we're going to do differently or we'll keep running the race by default. But while you're in the planning stage, keep it simple.

Start somewhere. Start with something simple. Make a minor change here and then another minor change there. Your plan needs baby steps to convince your mind that your plan will work.



In Jeremiah, our Lord reminds us of His plan, "For I know the plans I have for you, plans to prosper you and not to harm you; plans to give you hope and a future." With that plan as the backdrop, plan your plan, your baby steps, minor changes here and there plan. You'll be amazed at what little steps can do.

Work

Plans go nowhere unless we make the effort to carry out our plans.

Not long ago, I saw the sign in a Mennonite shop, "Plan your work; work your plan." Once you have a plan, work the plan; carry out the plan. Put some effort into making your plan work. It's only when you work your plan that you realize it's possible to interrupt your rat race, even if the world continues its race.

Last time I checked back on the farm, I don't remember seeing any rats lining up for a race, but that doesn't mean it doesn't happen. Whether it does or not, you don't need to be stuck in the rat race. Instead, run your race, the race God has marked out for you and to leave the rat race... for the rats!