

Health and Wellness

Provided by Bethany Care Ministry Outreach Program

ENJOYING LIFE!

And Taking Time to Smell the Roses

Do you ever feel that life is always awaiting you but you never really get there? I have been struggling with some of these same aging issues and have come to the serious conclusion that our time is now, because it is the only time we have. My father passed from this life with a stack of travel books at his feet that were never used. How many times have we heard to take time to smell the roses? Well, the roses are now in full bloom, inviting us to live in this moment. Life is always changing, always in motion. Today is different than yesterday and tomorrow will not be the same as today.



As we age, we may not be able to do the physical tasks that we did when we were younger, we may have to pace ourselves a bit to conserve our energy. We learn to adjust and change, living the best we can with what we still have. Our emotional and spiritual energy can continue to grow and strengthen. Jesus teaches us throughout the Sermon on the Mount that we need to trust our pure and childlike qualities, to let go of unnecessary concerns, giving them to him in trust and faith. Fear is the opposite of faith. Fear can do terrible things to us. Fear holds us back from life, freezing us in a place we don't want to be. Fear in its subtler form just becomes a cloudy day that hovers over our spirit. Sometimes living with fear becomes our "normal." We develop learned thought patterns of negativity and don't even notice how they are limiting our life. We just know that something is missing. We feel a lack of connections with self and others. We lose our sense of purpose in life.

Fear is one of the strongest negative forces in the lives of many of my clients. One of the ways we can deal with fear is to use it as our personal teacher. "What does this fear teach me about myself and what do I need to do to change?" Realize that your limited thinking may not have a strong base of reality, even though it feels that way to you. We need to move through this barrier that has kept us in our very small house of fear and hopelessness. Faith can become a Christian's powerful antidote to fear and negativity. Faith acknowledges God's promise of life and his loving care even as we continue to age. Our aging can sweeten our perception of life, of family and friends, and hopefully, even our appreciation of that sweet smell of the late summer roses.

Remember, God wants you to live life as long as you have life. If you have an aging issue or any other mental health issue, and are over 50, a caregiver or handicapped, please call me for a *free* counseling appointment at (715) 258-3289 or (715) 942-1574. Bethany and Trinity are working together for your good mental health.

*JoAnne Adkins, Counselor
Bethany Community Care Ministry*

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