



## Be Patient But Expectant

If you are satisfied with what you are doing with your life, it is almost certain you are missing out on far more than you might think. There is more out there to experience, and it is likely that what you are missing is better than what you have settled for so far.

Recommended: A spiritual hike.

Spirituality is a journey into *joy*, which seeks God's Holy Spirit to give energy, vitality and meaning to every dimension of life. Spiritual activity that includes *prayer* and *quiet time* infuses our entire being with new life. The pursuit of this disciplined activity dramatically affects our attitude, changing our perspective so that every day becomes a joy to experience in spite of whatever might occur.

Spiritual energy creates a sort of override that reduces the effect of life's difficulties and tribulations, and pumps into

us steadfast hope and a strong sense of well-being. Life becomes a different experience. That is the meaning of the Psalmist's words:

“Create within me a new and right spirit...”  
*Change things! Change the way I experience life!*

Spiritual development over time produces an entirely new set of tools for us to use in dealing with life's *pot holes*. It is amazing how these spiritual tools enable us to transform life's most threatening traumas into learning experiences that lead into greater *joy*. While trauma forces our capacity to experience pain to expand, at the same time it expands our capacity to experience *joy*.

How can you set into motion this amazing power? Simple, but not easy for *take charge* personalities. Daily prayer and quiet time! How could it be more simple? Ask God's Spirit who dwells within you to take over the directing of your lives. Let go! Be quiet for periods of time throughout the day. Listen for God's message that can come in any number of ways. Allow time for God's Spirit to act. Be patient but expectant. Trust that *it* will happen. It will!

