



No Time for Spirituality? No Time to Spend with God?

Pursuing a spiritual journey in life is frequently avoided because it is assumed that it takes too much time. Of course, everything we do takes time. That is what time is for—to do things—to live.

What about time and pursuing a more spiritual life? Two ideas might be helpful, if indeed we are interested but hesitant because of time constraints.

One idea is to recognize that a basic principle of spirituality is that it is not necessarily doing something *more* than we are already doing, but is a *different*, and perhaps, more efficient way of doing what we already are doing or feel we must do.

Spirituality is not an *add on*, but a *new perspective and orientation to life* and everything we do in life—every day. It simply puts brackets around our day and says to us: *This is*

your day with God. The Holy One will accompany you every minute today, and with this assistance there will be less stress and more efficiency. You just do the work. God will take over the stress—if you will only allow this intervention.

So begin the day with: *Good morning, God. Thanks for joining me. Let's see if it is true that you will help me with my load today, if I am willing to let you. Help me let go of the worry part of my work and just do what I am supposed to do, letting you take the concern for the outcome of my efforts. Show me what you can do.* The secret here is that God loves being with us and conversing with us.

The second idea for the day is to accept the fact that a spiritual journey can take time—time to which we must give priority. Basically, that involves a time for prayer—simple conversation with God. This is best done in moments of stillness, forcing our frantic minds out of gear and into neutral for a few minutes. Nothing could be more healthy in and of itself; furthermore it creates a fully purposeful way of being in the world.

This is the time to ask God for that gift of a new and different perspective of what lies ahead for us. It is not likely that our work of the day is a matter of life or death, so we need to put it into perspective. It is only a day—a days work. Our entire life is not at stake. Let go of those crazy feelings that it is. Today is the only day we have at this moment so let's not allow it to be consumed by worry.

Try the above and today you will consciously be with God. God will be with you—by your side—within your spirit. Enjoy that all day. End the day with: *Good day, God!—Thanks—Can we do it again tomorrow? You betcha!!*

