



Shepherd of the Hills Lutheran Church  
*Pastor Terry's Thoughts of the Week*

## **The Seasons of Life**

In what season of life do you find yourself? The calendar says I'm "old". I appreciate that because "old" means a lot of discounts in this state. But how I feel is another story. I still want to do the things that were fun when I was a kid. I always wanted a train set – so I'm working at it. I have the trains, I just need to get going to lay track and the like. I guess the saying is true, we go back to our childhood when we age.

I know a lot of those who consider themselves "young", even "youngsters". I love to watch them move around, never less than 50 miles an hour – right Matthew, Mark, Mackenzie and Paulie? And your minds are moving as quickly as you absorb all kinds of information. Some of you have two languages already and some of you are already showing great potential to expand God's kingdom.

And the teens. It's interesting to watch you as you move between being a "kid" and at times being the most adult person in the room! You are at the point in life when many doors are opening for you and you are excited – and sometimes scared (which you won't admit) about how you are moving in this world.

But the seasons of life also are often like yo-yos. There are ups and downs and sometimes the string gets all tangled up and we feel very confused. That is true for all seasons of life.

But life is not being lived alone by any of us. God is there and will help us, one step at a time, get through the tangles of life. We need to come to the point that pointed out by many people who are addicted to drugs, alcohol, cigarettes, or even food. Addictions are tough to overcome because we try to do it ourselves. We forget the first step in overcoming any addiction: We come

to admit that we are powerless over our addiction. And, secondly we turn that powerlessness over to God – and let him know that we need a lot of help!

Take some time right now. Think of how the seasons of your life have moved through the years. Think of how you enjoyed the great ups and how difficult the “downs” were. Remember times when you didn’t know which way to go – and yet somehow you came out of it not only unscathed but stronger. Now, how did THAT happen? Also remember the times when you really don’t remember much and your coming “home” to life was a real miracle.

Sometimes God works and we can see his hand. Other times we are at a loss and have no idea how our circumstances came to get where they came to be. God isn’t about to let us in on his secrets until the last day. Meanwhile, know that he is with us, untangling our lives and giving us strength, wisdom, endurance and delight as we move along. Give thanks.

*TMK*

*-- Week of February 22 2009*