

## A Breakfast That Saved a Life

Mike Jaffee was a young, successful businessman working for a Fortune 500 company. In his mid-thirties, he began to realize that he wasn't fulfilled in his work. He was neglecting his family. He felt disconnected from any greater purpose in his life.

Every morning, Mike's wife would drive him to the train station for his two-hour commute to New York City. Their 1-year-old daughter slept in the back seat on the way to the station. Mike worried that he rarely saw his daughter when she was awake, and his wife was practically a single parent.

His success at work wasn't making a meaningful difference in the world. His life was so hectic, he barely had time to think. But all of Mike's colleagues and friends lived like this, too. Who was he to think that life could be any different?

Then it happened. One morning, Mike decided that he would stay home and eat breakfast with his wife and daughter and take the late train to work. To him, this was a huge sacrifice. All his co-workers came in early and stayed late. He couldn't afford to stand out. But he was just so tired of being controlled by his job and missing out on his family.

That morning, Mike and his wife and daughter had a great time eating together and chatting about their week. Mike took the late train to the office.

Because of this one decision to reconnect with his family, Mike Jaffee was not in his office in the North Tower of the World Trade Center when the first plane slammed into the building on Sept. 11, 2001. His life was spared by a simple decision one morning to spend some time with his family.

Jaffee has written a book about the tragedy of losing his friends and colleagues in the Sept. 11 attacks. It's titled *Wake Up! Your Life Is Calling*. He says his mission now is to be a human wake-up call, to convince people to live meaningful lives that don't revolve around society's definition of success.

Jesus, of course, is the ultimate wake-up call for our soul. Listen to some statements He made:

- *What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?* (Matthew 16:26 NIV).
- *Do not be afraid of those who kill the body but cannot kill the soul* (Matthew 10:28 NIV).

Jesus cares about our souls because He knows that our souls are a reflection of God's image within us.

Associates in Life Care and Century Park have discovered the joy of meaningful lives – that greater purpose – because of their commitment to serving others.

– Beecher Hunter