

Getting Out of a Rut

Does your daily routine sometimes seem more like a never-ending rut? The activities and responsibilities that were once fresh and new gradually turned into stale and old?

If that's how you feel, what can you do to shake things up a bit?

A woman asked herself that question one morning. She had done all she needed to do to get her children off to school and her husband to work. Now she was home alone, looking for the motivation to face her day.



She said to herself, "I know what I'll do. I'll turn things upside-down. Instead of sticking to my usual schedule, I'll reverse the order."

That meant her first item of business was preparing dinner. She thought she might feel strange preparing meat and vegetables at 9 a.m., but she was surprised to find she felt a sense of relief at having this "chore" done early. Somehow, it made the rest of the housework and errands less stressful.

She found a little extra time to write a letter and catch up on some reading, and by the time her children came home from school, she felt happier than she had in weeks. She was already thinking of other ways to add variety to her daily routine.

Who says you have to do the same things in the same way at the same time every day?

The Bible clearly tells us that God is a God of infinite variety. While His commandments are not negotiable, His methods often change. That's part of His nature as our Creator. The Lord is continually creating new ways to reach us with His love and to show us His care.

The blessing for us in the health care business, despite the schedules and deadlines we must honor, is the people factor. Those we serve – their actions, their words, their hugs, and even the challenges they present – make each day different.

Therefore, prepare your minds for action (1 Peter 1:13).

– Beecher Hunter