

## Keeping Cool

Road rage is an unfortunate symptom of the hectic lifestyles we find ourselves in nowadays. Gone are the moments of yesteryear when a man had time to think and meditate as he traveled in a horse-drawn buggy from the farm to town – a precious memory of such journeys with my father. Today, hectic schedules demand speed and – too often – recklessness in pursuit of business or family responsibilities. Consequently, we don't have much patience for those who get in our way.

Author Tom Riter in *Deep Down* tells this story:

Sundays were very important to Peggy, a working single mother. Worshiping God refreshed her spirit and her mind. Fellowship with other church members gave her support and encouragement. However, the hassles of prodding a slow-moving teenage daughter to get ready for church often took their toll on her patience.

Running late one Sunday morning, Peggy got stuck on the freeway behind an elderly couple moving well below the speed limit. Her frustration mounted with each passing mile. "Why do people so old even get on the freeway? Why can't they speed up? They're making me late to church!" she yelled, her daughter being her only audience.

Finally, an opening in the next lane allowed her to slip past the older couple. She looked over at them as she passed, ready to give them an angry glare, and discovered that the driver of the car was her beloved pastor!

How many times are we quick to judge, even quick to respond in anger, only to discover that it is our own motives and attitudes that are in need of judgment?

It's easy to identify people who can't count to 10. They're in front of you in the supermarket express lane. But as 1 Thessalonians 5:14 advises: "Be patient with everyone."

In Life Care Centers of America and Life Care at Home, that is an admitted challenge. But every time I visit one of our centers, I go away impressed with the discipline of our staff members in this regard.

--Beecher Hunter