

Lesson from a Bird

In his book, *Forged by Fire: How God Shapes Those He Loves*, Bob Record tells about the time in his life when he was suffering from a severe cervical spinal injury.

“The pain was so excruciating that the hospital staff couldn’t do an MRI until I was significantly sedated. The MRI showed significant damage at three major points in the cervical area,” he said. “Because of the swelling of injured nerve bundles, the only way I could relieve the pain was to use a strong, prescribed narcotic and to lie on bags of ice. Sleep, what little there was, came only by sitting in a reclining chair.”

About 48 hours from the onset of the injury, doctors estimated Record had lost about 80 percent of the strength in his left arm. Three fingers on his left hand totally lost feeling. The slightest movements would send pain waves hurtling down his left side and shoulder, he said.

“I had to step away completely from my work (which I love) and wear a neck brace 24 hours a day for five weeks.”



About halfway through that experience, Record was sitting on the screened-in porch behind his home. “The day was cold and blustery, but I needed a change of scenery. Suddenly, a bird landed on the railing and began to sing. On that cold, rainy day, I couldn’t believe any creature had a reason to sing. I wanted to shoot that bird! But he continued to warble, and I had no choice but to listen.”

The next day, Record was on the porch again, but this time it was bright, sunny and warm. “I was tempted to feel sorry for myself,” he said, “when suddenly the bird (at least it looked like the same one) returned. And he was singing again! Where was that shotgun?”

Then the thought struck him, Record declared: “The bird sang in the cold rain as well as the sunny warmth. His song was not altered by outward circumstances, but it was held constant by an internal condition. It was as though God quietly said to me, ‘You’ve got the same choice, Bob. You will either let external circumstances mold your attitude or your attitude will rise above the external circumstances. You choose!’”

What about you?

(more)

For each of us, some days are like rainy ones, and others are filled with sunshine and fair weather.

We may be struggling with pain from a disease, a financial setback, or a broken relationship. But there are other times when there is happiness from a new birth, a promotion at work, or a good report from the doctor.

Don't let your song be altered. Let your faith in God – and the indwelling presence of the Holy Spirit – be your joy. Count your blessings and offer praise to the Lord.

Rejoice in the Lord always. Again I will say, rejoice (Philippians 4:4 NKJV).

– Beecher Hunter