

What about Your Life?

Do you feel your life is all it can be? Do you yearn for life to be fuller?

These are questions posed by Steve Goodier in his blog on *Your Life Support System*, a widely read newsletter since 1999. Goodier is an ordained United Methodist minister, author of numerous books about personal development, motivation, inspiration and making needed life changes.

In response to the questions, Goodier shared a poem recited to him by a friend:

*There once was a cautious gal, who never romped or played;
She never drank, she never smoked, from the path she never strayed.
So when she passed away, the insurance was denied;
For since she never really lived, they claimed she never died!*

Now, that's a humorous – and sad – look at this journey we call life.

But I like what Goodier added about the poem:

“Of course, I don't think these behaviors describe quality living, but I do think most people want to experience life as fully as possible. This has always been the case. Even 2,000 years ago, Jesus, that great lover of life from Galilee, recognized our universal yearning for life when He said, ‘I have come that they might have life and have it more abundantly.’

“And, of course, romping, playing and straying from the path have little to do with how fully one experiences life. Abundant living is more about how we love the other people on this planet, how we care for ourselves, and how well we honor our God. It has to do with joy and laughter, kindness, forgiveness and peace. It means taking time for what is truly necessary.”

Goodier said he heard about a man who was asked if he believed in life after death. “His wife spoke first. ‘Life after death?’ she said. ‘He doesn't even believe in life after dinner!’

“I believe in life after death,” Goodier added. “But I also believe in life before death. Abundant and full and beginning today.”

It has been my experience that the people of Life Care and Century Park understand that mindset and practice it every day.

It brings joy, peace and contentment, and not just for themselves, but for those they serve.

– Beecher Hunter 