

Keeping The Faith

Reflections on Emotional, Spiritual and Relational Wellness for Pastors

“Word of the Day”

I suppose we all have habits and rituals that we leverage in our daily lives to help us stay sane, on course and well grounded. For some it's exercise, for others it's prayer and time in God's Word, for others it's a power nap, or a phone call to check in with a trusted friend. Those are all really good, and are some that I have adopted in my own life, yet, there is a new ritual that I have added to my day that I would like to tell you about.

Not only has this ritual really helped me, it has added value to my days, and perhaps it can do the same for you. I call it, “**My Word of the Day.**”

I have 7 specific words (or phrases), one for each day of the week, that trigger a key insight that helps me stay focused, to finish strong and keep the faith. Since I will be submitting this article to the N.E District Office on Tuesday, I'll share with you my Tuesday Word (or phrase) of the Day. It is: **No Minimizing.**

I am a recovering minimizer for sure. I can minimize when it comes to food...I can minimize when it comes to time...I can minimize when it comes to my work load...I can minimize when it comes to the emotional impact certain events or situations will have on me...I can minimize the effects of certain types of temptations...I can minimize the power of my words, my thoughts, my attitude or my facial expressions...I can minimize health issues...and here's what I have discovered: **minimizing is dangerous!**

Now, I am not advocating that we all swing to the opposite extreme and begin maximizing (or exaggerating) everything since that can be equally as dangerous to our wellbeing. However, we need to remember that **to minimize on the front end of a situation may be a great way to set ourselves up for pain, suffering, disappointment and regret on the back end of the situation.** We are wise to listen to the words of Scripture to, “*be of sober spirit*”...to “*take heed*”...to “*be diligent*”, since each of these underscores the importance of paying attention to our thoughts, feelings and behaviors regardless of how insignificant we may consider them to be in the moment. Doing so just may keep us from getting caught up in the minimizing trap.

In what ways are you in danger of minimizing? Perhaps in a few of the ways I described above, or maybe it's something different for you. Please take time to invite the Holy Spirit to reveal to you where you might be exercising minimizing behaviors, and ask Him to help you to be discerning, and diligent in this respect as it relates to your daily life, your faith, your ministry, and all of your relationships.

Keeping the Faith,

David Moenning ~ Restoration Counseling

www.restorationcounseling.info

Associate Pastor, Ponte Vedra UMC