

A Note from Your Pastor—Keeping Perspective

Dear Friends in Christ,

The days in January, February and March, can be difficult emotionally because the weather is cold; the skies, Michigan gray; and the daylight hours, short. People in this area are encouraged to maintain healthy levels of vitamin D to help keep away wintry depression.

A healthy balance of physical and emotional maintenance is important, but so is keeping a healthy perspective. I know that you have heard some of those pessimist/optimist statements.

Let me pass along some of my favorites. Perhaps you can add one or two to the list:

- An optimist laughs to forget, a pessimist forgets to laugh.
- A pessimist has no starter, an optimist no brakes.
- A pessimist says, “Good God, morning,” and an optimist, “Good morning, God.”
- And finally, a story from a conversation between a husband and wife when one morning the wife looked out at the blue sky with the white fluffy clouds and said; “Wow! It looks as if God vacuumed the sky!” and her husband responded by saying, “Yeah, but he’ll dump the vacuum bag tomorrow!”

Perspective is a way of looking at life, a point of view. Scripture helps us keep perspective, too:

- We say: “I’m too tired.” and God says: “I will give you a rest.” (Matthew 11:28-30)
- We say: “Nobody really loves me.” God says: “I love you.” (John 3:16 and John 13:34)
- We say: “I can’t figure things out.” God says: “I will direct your path.” (Proverbs 3:4-6)
- We say: “It’s impossible.” God says: “All things are possible.” (Luke 18:27)
- We say: “I feel all alone.” God says: “I will never leave you or forsake you.” (Hebrews 13:5)

Perspective is important, isn’t it? We can take our perspective on life or trust God’s view of things...my sense is that God’s perspective on us is the way to deal with these cold wintry days.

- We say: “ugh...another cold Michigan gray day.” God says: “This is the day the Lord has made, let us rejoice and be glad in it.” (Psalm 118:24)

Peace and Prayers,
In Christ,

Pastor Bigelow