

First Things First

It was early morning long before sunrise when I woke with a sense of urgency. I practically jumped out of bed. There were so many things racing around in my head begging to be the first thing on my to-do list. Let's consider first things first.

So I left the bedroom and headed for the laundry room, thinking I would start the laundry. I quickly spun around and walked toward the kitchen, no I should empty the dishwasher before I make breakfast I decided. No, no, I must go back to the bedroom, make the bed, and get dressed then make breakfast. Right? I wondered if I should run to the grocery store early and get my shopping out of the way before I start that load of laundry?

I stopped dead in my tracks, closed my eyes and asked God to please help me decide what to do first. As I opened my eyes I noticed a glowing light peeking around the window blinds and moved to the window to take a look. There high in the sky the moon glowed proudly and sky was filled with sparkling stars. I smiled to myself knowing full well the answer to my question about what to do first.

I felt as though God was inviting me to take care of my spirit first by spending time with him and trusting his guidance for the rest of my day. Indeed once the treadmill of life ramped up I would have all kinds of excuses not to take time for nourishing my spirit. I was also reminded during my walk that guidance is available every day when you remember to put first things first.

During my quiet morning walk with the Lord my body calmed down and my mind cleared. I was able to relax into the reality that what needs to be done will be done and what doesn't get done really didn't need to be done. I also opened myself to things that might come up in addition to my list and was willing to make them a priority based on my trust in God's guidance.

As the New Year begins there will likely be many thoughts, ideas, and goals running through your mind as you make plans to, get healthier, deepen your relationships, move, buy a new home, take a different job, travel, volunteer in the community, etc.. This goal setting process is important for your future, but you must put first things first. I have learned that if you don't you will never reach your goals and you might even miss out on the real purpose for your life.

Take the time to consult with your Divine Power, your Spiritual Guide, your God before you do anything. You should ask for guidance in every short and long term goal you set for your life. You need to know whether it is really part of the bigger plan for your life. If it isn't there will be many road blocks to help you see you are on the wrong path and if it truly is part of your life plan then doors will begin to open for you to continue along that path.

All of my to-do list items were accomplished that morning. Everything fell into place once I fed my spirit with proper guidance. Morning walks with the Lord have always been an important way for me to start my day. As you welcome the New Year consider what you will do to ensure that your spirit remains nourished and healthy. Remember to always put first things first!

Questions to ponder:

- When do I ask for guidance?
- How do I address my spiritual guide?
- How can I build a more trusting relationship with my guide?
- What does my spirit long for today?

May God's Peace be With You,
Tammy Koenecke, RN, BSN, MASL, Spiritual Care Coordinator

A reminder from one of my favorite hymns:

Seek Ye First by Karen Lafferty, David Huff

Seek ye first the Kingdom of God
And His righteousness
And all these things shall be added unto you
Allelu Alleluia

Man shall not live by bread alone
But by every word
That proceeds from the mouth of God
Allelu Alleluia

Ask and it shall be given unto you
Seek and ye shall find
Knock and the door shall be opened unto you
Allelu Alleluia