



Uncover New Growth

Winter is giving way to spring and with this change of seasons we welcome new growth. The flower beds await anxious hands willing to tend to their need for the removal of winter's debris. It can be awe inspiring to rake through the dead leaves and uncover the tender shoots of green working their way through the ground seeking light for new growth.

There are seasons in our lives that require us to clean out the debris that prevents new growth. In your own life are there areas of new growth waiting to be discovered? Is there debris in the form of heavy schedules, boredom, fatigue, or even becoming comfortable with life as it is that is piling up on the potential growth of your spirit. Life can become dull and unfulfilling when you do not take the time to tend to your spirit.

You likely know someone who refuses to change. They demand that their way has worked for years and it is good enough. In these people do you notice bitterness, judgment, or narrow mindedness? Are they hard to have a conversation with because they are always referring to the way things were? When you meet someone like this you can almost see their spirit smothering. It often makes me want to dig for that spark that desires to be uncovered. I am always sure it still exists under all those years of buildup and lack of spring cleaning of the mind and spirit.

Consider your routine. Perhaps you have been doing the same thing in the same way for years. It might seem harmless enough, but think about what good could come from changing the routine? You could meet new people! Make new friends! Think about how could they nurture your life. Meeting new people introduces you to new hobbies, new ways of thinking, and could perhaps even present you with a new purpose for living.

When I start to feel like I am going through the motions and am rarely straying from my routine I know I am headed for a bad place. This state of being is a danger sign for me. When I realize I am in this danger zone I need to learn something new, get out of my box and be inspired to grow. I also need someone to encourage me by helping me see the debris I am carrying around and tenderly supporting me

while I allow a shoot of growth to sprout. Sometimes that new growth stays for only a season and other times it puts down deep roots capable of withstanding the storms of life. It is always good to grow.

Ask yourself as you watch the buds form on the branches, the bulbs send out their pale green shoots, and the flowers begin to bloom whether there is a seed inside of you that is longing to be exposed to the light. Take time to ask God if there is something new he wants you to experience, someone he wants you to meet, or something he has planned for your future that has not yet been uncovered.

Do not allow yourself to become a dead flower bed overcome with weeds that choke the life out of you and make you angry, bitter, and bored. Seek guidance from the Master Gardener and be open to the garden angels here with you that will help you tend to the life of your spirit encouraging you to uncover new growth.

Questions to ponder:

How do I know when my spirit is being smothered?

What does God want me to learn?

How will I keep my spirit open to new experiences?

May God's Peace Be Yours,
Tammy Koenecke, RN, BSN, MASL
Spiritual Care Coordinator, RAMC

*Deep beneath the
earth lies a seed
awaiting new growth*

*Deep within my heart
lies a seed awaiting
new growth*

