

DEATH BY ACTIVITY

Are you busy? What kind of question is that? Of course, you are busy, and it gets worse every day. My heart goes out to young families who are experiencing death by activity. Everyone in the house is worn to a frazzle because of music lessons, art lessons, soccer games, baseball games, basketball games, football games, gymnastics, tennis, golf, cheerleading, pep squads, field trips, band practice, choir practice and summer camps.

(If I missed some of the activities on your schedule, I apologize.) I even feel sorry for your SUV which racks up almost a million miles a year and burns as much gas as some small nations consume. I keep wondering when someone is going to rise up and say, "Enough is enough. We are not going to keep doing this!"

Time was when families were together. Daughters learned to cook from their mothers, and sons joined their fathers in the field or learning a trade. Activities were limited—and special. The family was together, and special priority was given to the church and spirituality.

(In the background I begin to hear music —*Gone Are the Days*.) One of Peter Marshall's prayers begins, "Father, many among us is tired, wearied with the strains that life imposes upon us, the pressures under which we are forced to live. We remember the days that are gone and how harassed we were. We remember under what tension we have lived, and we know that Thou didst not design us to live like that... We release to Thee our struggle to cram too many activities and accomplishments into every hour."

Can we make such a release? It's a personal matter. What are you going to do to prevent death by activity and cultivate spirituality? —John Gipson

"Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth." Psalm 46:10