



Peak Encounter Monthly Reflection

.....

Paddleboarding – Cape May, New Jersey, Summer 2011



By Heather Makowicz on July 13th, 2019

Entry # 8: Paddleboarding – Cape May, New Jersey, Summer 2012

*“There is a time for everything, and a season for every activity under the heavens”
Ecclesiastes 3:1*

How does this scripture verse strike you? Do you ever wonder if there are too many good opportunities to pass up and find it a challenge to choose the “best” of the good things? Do you ever say to yourself, “If I don’t do something now, it may never get done?”

I think these questions are very common for all of us. There are many things vying for our attention... relationships, occupation, dreams, goals, the media, the culture, and oh yes, the most important aspect of our lives, having a close relationship with God!

For me, when reflecting on this scripture, the word “balance” first comes to mind. How can we live, love, and serve, with patience and trust that God has a divinely appointed plan for all of us? Grounding this concept in everyday life, how I might apply this to my life right now. Depending on the day, this prayer can feel daunting and impossible, or flexible and freeing.

Have you ever sensed the pressing need for balance in your life? If so, do you wonder if this word “balance” is even possible?

About eight years ago, I went paddle boarding for the first time with a friend in Cape May, New Jersey. We were excited to try an eco-tour, and to experience the wildness of nature while challenging ourselves to something new. I was particularly fascinated by the idea of being as close to “walking on water” as you could get in this lifetime ☺ !

When it was time, we headed out into the warm, slow moving, bay water. One thing the outfitter guide forgot to mention...it was jellyfish season! I thought to myself, “I better nail this, or I’m dumping into the water and getting stung!” Surprisingly, I glided into the water smoothly. Whew! My friend, on the other hand, stepped onto the board, and immediately rolled right into the water surrounded by jellyfish! Yikes! With an adolescent-like chuckle, I unsympathetically blurted out, “I’m glad it wasn’t me!” After a good shared belly laugh, we recovered joyfully taking in the feast of the senses, paddling, listening to the birds chirping, watching fish swim right under our boards, and feeling the warm sun’s rays against our skin.

Since this was our first time, initially, we were very conscious of how to shift our weight, adjusting periodically to maintain equilibrium in the center of the board. As we continued along, we began to intuitively sense how to move our body to steer the boards and keep afloat.

Like staying afloat on paddle board, our lives need balance to stay healthy. Prioritizing our day can be a challenge! When we allowing God to be our Guide, He lead us in our experiences. After a while, we begin to notice when we are off balance and need to shift our weight to what

is most important. He reveals to us His priorities for the day, and slowly transforms our dogged efforts to trusting His plan to unfold. Through the years, I have found a **few helpful hints:**

- 1) Start each day in personal prayer time with the Lord and place all of my concerns “at His feet”
- 2) Seek guidance and discernment of the Holy Spirit to lead me to what most needs attention today, and to ask for the grace to be at peace with “unfinished business”.
- 3) Keep in perspective the “balance” of connecting with God through prayer, study, and living/working in daily life. God is in ordinary as well as the extraordinary.

Invitation:

- 1) Take a moment to consider areas in your life that may be in need of balance.
(ex: work, homework, sleep, exercise, a relationship, prayer life)
- 2) Consider inviting God to help you to prioritize your day. How has this shifted your perspective for the day ahead?

Prayer:

*Dear Lord,
You know every detail of my life. You have placed me in this time, this place, with these relationships, and in these circumstances. Help us to remember that you are the Divine Orchestrator, who conducts our life with reason, purpose, and time. With the help of Your Holy Spirit, we ask you to bring balance to those areas in our lives that need tending, and help us to release what is not ours to carry, at least for today. Thank you for our minds, for our bodies, for our hearts, and for our spirits, that all is gift from You. Amen*

Prayerfully, Heather Makowicz



Peak Encounter Ministries