

"IT'S OK--EVERYTHING WILL BE ALL RIGHT!"

Most all of us remember as children falling and scraping our elbows or bruising our knees. We probably remember, too, our Moms or Dads telling us, "Oh, honey--it's ok, everything will be all right. Your elbow/knee will be just fine!" And, the truth was, they were right. Those elbows and knees healed up just fine after the initial fall or accident that caused pain and trauma.

Those of us who have or raised kids have probably used that phrase, or something similar, hundreds of times. Most all of a child's scrapes or dings are minor and not only heal up just fine but are promptly forgotten after the last scab or bruise is gone. Those little incidents are just a part of being a child and growing up! Sometimes glossing over those minor bumps and scrapes is the best way to assure children that they are all right.

I remember, years ago, I went through the chaplain training at my church. We were taught how to pray with others who were dealing with not so fun events happening in their lives. We were taught to focus on the positive, the life affirming, healing powers of God, rather than focusing on the negative event the person was facing. Example--focusing on the goodness and positive aspects of God's healing power rather than on the disease or issue itself. Being a chaplain and praying with others was one of the most rewarding experiences I have ever had in my life! I always felt a little guilty because I felt so much better after I finished with someone.

One of the parts of our training though, was to never tell anyone "it's ok--everything will be all right" unless we knew for certain that was true. If a situation did not turn out the way the person we were praying with wanted, and we had assured them it would be ok, then we were possibly putting that person's faith in jeopardy. As chaplains, similar to being a minister, the people we prayed with looked at us as somehow being "closer to God" than they were so, if we told them something that, in their opinion, did not turn out to be true, we had probably only made the situation harder for them to tolerate.

Although it is true, in the overall, bigger picture, everything is and will be all right, to the individuals who were themselves suffering from diseases

or negative life experiences, or who had friends or loved ones in those situations, there was no "bigger picture". Many of those people were doing their best to get through one moment at a time and definitely not thinking about tomorrow, the next day, the next week or next month. Losing a loved one or friend is always a heart breaking, life changing experience no matter how strong someone's faith may be. Again though, in the overall bigger picture, we are all only here in this world for a period of time before moving on in our eternal, Spiritual journeys. Being born and dying are a part of our experiences here--which is what I mean by saying "in the bigger picture everything is ok".

My point to this article is--we all need to live in the moment and "know" everything is all right, no matter what we have going on in our lives. As I have said before, none of us are guaranteed anything more than this present moment. We can plan for tomorrow but we are not guaranteed we will see it--here in this plane anyway. If we live life to it's fullest and wring all the love, joy and peace we can out of it, that's all we can do. To do anything less is a waste of our time and a waste of the wonderful creation God has made of you and me!

All my best--

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