

Who Will Change?

You and I are born with an ingrained need for security, safety and consistency. Sadly we live in a world today where very little is unvarying and stable. Let's face it, everything from the weather to the economy shifts like small pebbles of sand dancing with the wind along the seashore. Each gust of wind slowly transforms the beach before our eyes. When family and community provide us with unwavering love and acceptance we build security and the assurance that the rug beneath our feet will not be pulled out at any given moment. We build confidence and failure does not intimidate us. Because of a secure foundation we stay anchored in hope and persevere through trying times.

We wither when our personal people lack consistency. Each day becomes a painful reminder that something bad may happen at any given moment. We are left unprepared and ill-equipped to handle upset and loss. Relationships turn from God-given gifts to salt in open wounds. Rather than sail through life with joy and peace we hobble along wherever circumstances lead us. We go through the motions of living and sputter on fumes of fear, anxiety and hurt.

Divorce, affairs, emotional instability, outbursts, mood disorders, abuse and various other unhelpful experiences can dramatically transform a child's view of him/herself, life, relationships and God. Unless parents and community process and allow children to grieve and openly discuss these situations and events, he/she can develop an injury that lasts a lifetime. In fact, odds are high the child may incessantly act out and reenact the experience over and over. Sadly, the child and most likely the family will not even understand or correctly interpret the behavior. Addictions, compulsions, deadly behaviors, rigidity and a host of other malfunctions are examples of reenactment. Because the brain learns best through example and modeling children tend to do what they see their parents doing. Words fail to facilitate change as effective as seeing and experiencing does. Frequently I hear parents who smoke and drink tell their children, 'Don't ever start doing this stuff as it'll kill you!' then the child sneaks away for a toke or a shot of 'grandpa's cough syrup' when mom or dad is not around. The motto, 'do as I say not as I do' is as successful as driving without gasoline.

Change occurs one person at a time. We easily recognize it's time to *fill up* when our gas gauge leans toward the big 'E' for Empty. Sadly we fail to recognize when it's time to pull over, slow down and make changes that empower our families and communities. Possibly we recognize the problems but do not know how to address them. Join me in the prayer and hope that not only is change possible but it's likely when we acknowledge our weaknesses, wounds and frailties then ask to be placed on the Rock that is higher than ourselves. Moses, a great man of faith had a large task on his plate as God was calling him to do what he perceived was impossible. We read God's response to Moses' feelings of inadequacy in Exodus 3:12, *Then God told him, "I will be with you. And this will serve as proof that I have sent you: When you have brought the Israelites out of Egypt, you will return here to worship God at this very mountain."* NLT Each day is your opportunity to change for the better.