

Crunch Time

The world is a fast paced place to be even when we don't have anything to do or we decide to slow down. 24/7 three hundred sixty-five days a year the acceleration continues. Watch TV, log onto the Internet, work on your face book, twitter from the sidelines of the NFL or NBA even break time is in the fast lane. We don't seem to know how to slow down or maybe we don't want to.

We've revd up the engines on ourselves trying to supersize and energize everything from burgers and fries to relaxation. Even when we know we should slow down we make the slowing down part of the speeding up. As a society we are red lining it and it's only a matter of time before the intensity and frequency of our lives blows the engine of our souls.

From Thanksgiving to New Years the acceleration increases as the overlap of one commercial season beginning with Halloween tries to stretch itself all the way to Valentine's. Christmas once more is caught up in yet another material makeover of the birth of Christ as we clog the arteries of our spirits with the anxiety of activities that we know deep down inside are contrary to God's intentions.

More stimulation isn't the answer neither is another surge through the mall or ebay to finish last minute shopping in the nick of time only to collapse into the recliner after the tree has been decorated and the kids carried to bed. Long gone are the days of sugar plum fairies and Santa eating cookies and milk before being suck up the chimney into the next round of his journey. Even church services belial Christmas Eve as they are fit in between late night drives to fulfill long standing obligations to family traditions. We have turned that which is real into a virtual landscape of Holliday illusions that lack the substance of what life is really about.

Is there something worth slowing down for? Christmas is not a commercial? It's the story of closeness and intimacy with the One who created us amidst a baby in a manger shepherds in the field, angels singing in the sky, cattle lowing to a child's first cry. It's a story for the ages and it stops us in our tracks, slowing the acceleration of our lives and if given a chance it can bring us into the scene as well. Give it a try this season. Look as long as you want taken up into a moment of timeless adoration. It will do something for your soul. It will slow you down long enough to bring meaning back into your life.