

"LIFE THROUGH THE LENS"



LIFT THE LID

"Sterilize some water by boiling it for three minutes; that will get rid of the nasties!" was the advice given to me the other day. Fine! Good advice my mother taught me more years ago than I care to remember. Showing restraint, I said, "Thanks! That's a good idea." I filled the kettle and turned it on. The pretty blue lights lit up (Ah. The glories of modern kitchen things), and in no time, the waters were bubbling away as if being pursued around the pretty glass bowl by many demons - for about two seconds - then click - off. Re-press the button - two-second boil- click - off. Re-press the button - you know what's coming, don't you? This kettle will never boil dry and explode, thanks to modern safety innovations. Neither will I get my water boiled for three minutes. Then, a flash of inspiration: Why doesn't it switch off? The answer: Pressure! With the lid closed, pressure builds, trips something, and the kettle is switched off. Answer? Leave the lid up: Pressure is released. Water is boiled for three minutes, and "nasties" are gone.

My kettle and society have much in common: Pressure.

Daily, we are reminded of the pressures we face. Pressures of life that we may have no control over and the effects of these pressures grow and wear us down until they appear impossible to overcome or release. Pressures that cause dreams to be lost, never to become a reality. If not corrected and released, these situations have one of two outcomes: explosion or "switch-off", and a life of potential is never realized.

Can the lid be lifted and pressure released? Yes!

A king of long ago who was being threatened said this about God, "When doubts filled my mind, your comfort gave me renewed hope and cheer. **(Psalm 94:19)**

Jesus himself tells us, "Are you tired? Worn out? Burned out? Come to me. Trust me. Come close to me, and you'll recover your life. I'll show you how to take a real rest. **(Matthew 11:28)**

A famous American footballer, Tim Tebow, once said, "God will come through in some way or another. Sometimes in the form of an answer to prayer, other times in the form of comfort, peace, and perspective far above what's possible in our human strength..."

Are you feeling under pressure? Who isn't? Stop! Take time out! Find a quiet place! Talk to God about it! Like you would a caring mate. It might be the couple of minutes you need to change your life.

God bless you,

Kevin.