

## **January 2013 ~ “Empty My Plate”**

*Just the other day, while sitting at my desk, the thought came to me of what would life be like if all of a sudden I was no longer a marriage & family therapist? At that very moment, it became very clear how much these credentials meant to me. How then would I define myself? It isn't very often that I stop to think about such an issue in life. My pondering and reflection led me to consider all that my plate contains at this point in my life, at age 52. How much is on my plate of my own design? Am I still allowing God to have a say in the contents on the plate?*

*I took the liberty to make the list of plate-worthy items: marriage life, my personal walk with God, my profession, credentials that allow me to earn a meaningful & honest living, our bank accounts, resources, our home, our church, personal influence, myriad of relationships, ministry, and all of my hopes and dreams. What a list! Just imagine if I made the conscious choice to “empty my plate” and ask God to prepare my plate—for this season? Would God put the same items back on my plate, or would He choose to eliminate some and enhance others, or make additions that He believes would help me be more impactful in His Kingdom, or to be more grateful?*

*Hold on a minute! Did I just say that? Can I really trust God to fill my plate with all the right “stuff?” What if He doesn't put back some of my favorite & safe things? Does He really understand how important some relationships are to me? I want Him to bring no life hardships or challenges, because I've already navigated many of the choppy waters of life. Some things seem too hard to let go of. I start to hear the faint voice whispering, “Total surrender.” Oh no, not that again!*

*This past week, I experienced what “total surrender” feels like when my body battled something closely related to the flu bug. I found myself in the place of not caring about anything other than feeling better...soon. The whole world seemed to stop, and absolutely nothing mattered, except for a desperate desire for a healing touch. Is God using this opportunity to give me a jump-start on emptying my plate, so that I will experience His capable hand to fill me—my plate—with more of Him and what he wants?*

*The healing touch came, and the thought remains—empty my plate—so that God can fill it. I really want God to see that I want His agenda and His best for my life. Can't wait to see and experience His capable hand!*