

**# 463 09/08/08 Create some unscheduled time in your day**

Recently, I stopped in the store to visit with a friend. I had not seen her in over a year, and many things had happened in her life in that time. She really needed to talk. I was glad that I was not rushed that day. I am certain that God wanted me to tarry awhile with my friend. There have been many times in my life that I might have sent non-verbal signals that I was in a hurry to go about my shopping.

Some of you reading this might think, “She’s retired. Of course, she has time to visit.” When I left full-time work with the schools, I added several part-time responsibilities. It would be very easy for me to be more overloaded now than when I was working at a regular job. I am slowly learning to leave time in my life so that I can hear from God. He has things he wants me to do. If I am too busy to listen, how will I know what they are?

Once, my life was so overscheduled that I literally had every waking minute committed. I was coming up short of sleep every night. I kept going on a steady dose of caffeine. Then, I decided that was not how I wanted to live. Slowly, I began to say, “No.” I refused to take on new responsibilities and gradually let go of some things until I had a block of unscheduled time in each day. I also began to plan for a good night’s sleep most nights. What a difference it has made!

And, there is the answer. Begin by not taking on any new commitments. As current commitments are completed, let them go without filling the space with something else. Keep sizing down until there is actually a block of unscheduled time in each day.

Then, allow yourself the luxury of enjoying that time. Take your Bible outside and enjoy God in his Creation. Lie on the floor with your children and talk. Keep an appointment God has scheduled for you like the one with my friend in the store. Enjoy a cup of tea rather than letting it get cold. Oh, the possibilities!

Next week, I will suggest some ways to slow down the schedule of preteens and teens. After all, their schedule affects your schedule.