



## “Walk it off”

By Pastor Lee

(Psalm 104:24-25) *O Lord, what a variety of things you have made! In wisdom you have made them all. The earth is full of your creatures. Here is the ocean, vast and wide, teeming with life of every kind, both large and small.*

During this pandemic, I have sometimes found myself pacing the floor in boredom and at times almost going out of my mind. For 7 months, I could not go to Wed. night spaghetti dinners, Thurs. night small group, and Sunday morning in-person worship. In addition, Cindy and I like to go dancing on Friday nights, and we have not been able to do that either. I'm sure I'm not the only one feeling the frustration of our current situation. But when I feel frustrated, one thing I do that helps me is this. I walk it off! I take a walk and enjoy the beauty of God's creation. I see the beauty, creativity, and wondrous variety of the things God made. I am particularly re-freshed when I take a walk on the beach. The vastness of the ocean reminds me of how big our God is. All of creation is a constant re-minder of the many attributes of God.

So, if you are feeling frustrated with what you *cannot* do, then do what you *can*. Walk it off! Take a walk with the Lord, and observe his creation. It's relaxing. It's refreshing. And it will replace your jitters with joy.