

A Series about Walking with Grace and Gratitude

"Come, let's sing out loud to the Lord! Let's raise a joyful shout to the rock of our salvation!

Let's come before him with thanks! Let's shout songs of joy to him!

The Lord is a great God, the great king over all other gods."

Psalm 95:1-3 (CEB)

TAKE A WALK

On Friday January 13 I found a new appreciation for taking a walk. I never thought I would be intimate enough with you to write these words in a Teddy Talk. I also never thought it would be necessary or possible that I might need a surgery to replace bones granted to me through the Grace of God. More than that, I never thought I would be walking due to somebody's dream that conceived and built titanium replacement parts to relieve pain and restore mobility.

So, today is a short and personal post.

Even though the past four weeks of healing time has been very hard for me emotionally, months ago I was hurting and hadn't slept well at night. One day I woke up and everything felt painful. The outlook seemed bleak.

Each morning I looked in the mirror saw everything I didn't like about myself, especially my mobility. Then I looked at my wife Sandy and saw a brave woman who had a knee replaced and rods installed along her spine. Her toughness won me over, and I said to her, "Do you think I should get my hip replaced?" Her smile and quick rise from her chair were enough answer to get me to contact my family Doctor to start the process.

Prior to that morning of reckoning each morning was heavy and burdensome. I would try to perk myself up with coffee and extra strength Tylenol. It didn't seem to make a difference. Even prayer seemed hard, and admittedly, writing was especially difficult. This is a new day. I am overwhelmed with gratitude for the blessings of God. I do not feel the same weight that I did many days before surgery and during recovery.

I feel more like myself in the healing presence of Jesus the Christ. Thank you, thank you, thank for your prayers and kind get well cards. You have made the last four weeks much more bearable.

Peace Always,

Ted