

RESET!

Spirit·Mind·Body



There is a time for everything

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Ecclesiastes 3: 1-8

*There is a time for everything,
and a season for every activity under the heavens:*

- 2 a time to be born and a time to die,
a time to plant and a time to uproot,*
- 3 a time to kill and a time to heal,
a time to tear down and a time to build,*
- 4 a time to weep and a time to laugh,
a time to mourn and a time to dance,*
- 5 a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,*
- 6 a time to search and a time to give up,
a time to keep and a time to throw away,*
- 7 a time to tear and a time to mend,
a time to be silent and a time to speak,*
- 8 a time to love and a time to hate,
a time for war and a time for peace.*

In life, like wellness, there are times for all things. Just like there are times for weeping and times for laughing, there are days for hard workouts and days for taking it easy. I often take on too much, both in my professional and personal endeavors, and ignore the times to dance and laugh, which inevitably leads to burnout. I also have an unfortunate tendency to push myself too hard physically in my workouts and be hyper focused on clean eating, leading to injuries and many a missed piece of cake. I need to constantly remind myself of this Bible verse so that I can ignore the voices in the back of my mind telling me I always need to be productive and, instead, focus on the moment and make sure I find the time to love, while also protecting my body and enjoying the occasional indulgence. As a historical figure who I don't feel like Googling right now once said, "Let them eat cake!" and I'll add "Let them sleep in and do gentle yoga!"