

Last night, we spoke about stress and took a short survey to see where we find stress in our lives. The responses that got the most “4s” and “5s” were (1) I try to do everything myself; (2) I wish I had more time to relax; (3) I’m surrounded by noise; and (4) I have a lot of people to please. I want to give you something to consider.

“I try to do everything myself” was the #1 thing most likely to get everyone stressed. It is totally natural for people to feel this way. I bet your parents would admit this is a stress factor for them too. We are so focused on the task at hand that we fail to look for help. Also, the pace of things makes most people think they don’t have time to explain the problem and what they need done; it is just easier to do it myself. In reality, sometimes stopping to talk about the problem helps us find a solution.

God recognized that man could not go through life alone – so he made woman to help and accompany man. (Read Genesis; Chapter 2). Now, if God knows we cannot go through life alone, shouldn’t we recognize that and look for the help around us? That is what family and friends are for.

“I wish I had more time.” Man! Don’t I say that a lot too! Fact is a lot of things come at us with other people’s deadlines. We need to recognize what we can change and what we can’t (remember the Serenity prayer we talked about?) Except for school (where teachers rule) most deadlines can be moved. The important thing is to look at the things we’ve imposed on ourselves. Are there things we have signed up for that eat up more time than they are worth? Have we made time to hang out with friends or family? Have you made time to go for a walk and just talk to God? (I do my best praying walking to a store to get a cherry coke). Stop driving yourself nuts by putting too much on your plate.

“I’m surrounded by noise.” I hear you! The constant crash of TV, cell phones, and talk talk talk! It seems to get worse all the time and most of it is useless junk! So, what do you do?? Make time to be alone with God. Ever notice how quiet the church is? It is so peaceful just before Mass, and during the week is it so beautifully SILENT. I go there sometimes and just sit – I don’t think; I don’t pray; I just sit. God always comes to me in that quiet. You should try it.

Before I go on, to the 3-4 of you who wrote that God does not care about you, I can tell you that you are wrong. Your family; friends, and I are living proof just how much he does care. He cares so much it hurts! He cares so much he died for you. He cares so much he keeps sending me new games to play during our Edge Nites! The fact is He believes you are among the greatest things He ever made. Keep coming to Edge Nite, or come talk to me, and let me show you how much He cares about you.

Finally, many of you wrote that you have a lot of people to please. Seems everyone wants something – God, family, teachers, coaches, friends. In reality, what God, your family, teachers, coaches and all TRUE friends want is for you to be happy and to give your best effort. No one is perfect, no matter how hard we try, but if you give your best effort, you will be amazed how satisfied people will be. All we can do is try our best, and ask God to make up everything beyond what we can do.

I look forward to seeing you at our Movie Nite in July, and at our Lock In on Aug 15. Look for details on our Youth Ministry Website, and know that you are all in my prayers every day.

In His Peace,

Bill Kraus