

Reflection for Tuesday 28 April 2020

Galatians 6: 9-10

*So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.*

Admiral William McRaven gave the 2014 commencement speech at the University of Texas. Over the years it has come to be known as the “Make Your Bed” speech. He spent 36 years as a Navy SEAL, and he shares what he has learned over that time. Obviously, the first thing he learned was the importance of making your bed every day. If you do that then you have achieved the first goal of the day and that success will propel you positively through your day to the next task and the next task until you end your day with a sense of satisfaction. He reminds us too, that the little things matter in life. If you can not do the little things right, how can you do the big things right? And if you have a miserable day, at least when you come home your bed is made and you have hope that tomorrow will be better.

It sounds like great advice and I am wondering how many of us are doing that each day? I have seen the joke on Facebook about changing from your day pajamas to your night pajamas at 9 pm. You could argue there is no sense making a bed you are getting back into. Since we are not going out, how many of us are getting “dressed” each day? I know that I spend my days in comfortable clothing.

And I will admit that I am not big on making my bed each day. I do see the wisdom in the Admiral’s advice. The sense of accomplishment, the focus on the little things, the hope that tomorrow will be better. Boy, don’t we need that right now. Some days are harder than others and the more the quarantine continues the harder it gets. I see the value in starting your day of on the right foot. Make your bed, promote the accomplishment of each task. If you feel you are productive you most likely will feel better. And who doesn’t want to feel better? If we give ourselves a sense of purpose each day, we will find that we are happier and healthier. And then we have more energy to give to others.

I believe the little things in life really do matter. I believe that each accomplishment fuels the next. I believe that if we can not do the little things right, we will have no chance at getting the big things correct. The pandemic offers us an opportunity to develop a stronger sense of self and that in turn allows us to help one another to weather this moment in time.

So, make your bed!!

In Peace,

Pastor Suzanne