

CATCHING AIR

Urban Air Like You Just Don't Care!





The kids have been out of school all week for "Winter Break". Who gets a winter break? I don't recall that when I was in school! Nonetheless, these kids were out all week and one of the things they wanted to do was go to a trampoline park called Urban Air.

If you don't know what a trampoline park is, it's an indoor high ropes, urban playground with trampolines for floors and other obstacle courses installed around the park. It's a haven for kids to run around and get themselves worn out for a day.

Ella and Jackson both came to the park with two friends and spent several hours running, climbing, bouncing and zipping on ropes and pulleys. One of the things I've seen at this place is how active these kids are and want to be. It's like one of the few times they aren't on their devices and that's a great thing!

Another thing I've noticed is that it's great for helping them be active. If they aren't in a sport at school, there isn't usually a lot of physical activity. A place like this really gives them a positive outlet for all that pent-up energy.

Even though there are video games inside, it seems that the most used areas are the ones that require physical exercise and I am sure that at the end of the day, parents will celebrate that!



This week, I started a new Bible study with our Men's Group from church. We've been meeting and discussing many different topics but this is the first time we've attempted to simply work through a book of the Bible. It's a huge undertaking but I feel pretty confident it will be very rewarding. This week we looked at the first 5 verses from chapter 1. Here are a couple of takeaways for me.

1. Jesus is God and God is Jesus. This should be given that any "Christian" would accept and yet there are some who may still doubt the deity of Jesus. These verses state clearly that they both are God.

2. Jesus is not only God but He is also The Word, The Life and The Light. In the first 5 verses of this chapter, we can ascertain these very important titles of Jesus. The Word: Jesus is God's Word embodied. The Life: Jesus not only is life itself as God but the giver of eternal life. The Light: He not only illuminates the darkness and spiritual blindness but He gives light along life's roads.

For me, one of the best reminders I got from this text is that Jesus and God were in the beginning and put everything as it is. They create and sustain all things. With this understanding, I can rest confidently in knowing that they are building a great future for me.



AVAILABILITY IS YOUR GREATEST ABILITY.

Three lessons I've learned this week.

- 1. Very few things go as planned. It's best to be as flexible as possible. If you can't bend, you'll break...and no one wants to break!
- 2. Availability is your greatest ability. It's easy to become rigid and inflexible. However, when one can be available as needed, it is a great superpower!
- 3. Not all "superpowers" seem super at the time. Just being a stable presence in someone's life may not always seem like a big deal but give it a few years. What seems like a mundane, monotonous role could be filling a vacancy you weren't aware.



MEANINGFUL EVENTS THIS WEEK

Last Friday was Valentine's Day. Even though I wasn't her only Valentine, Ella and I went for a special meal. I checked her out of school early and we went for Japanese. It was a great afternoon

together and it made my Valentine's Day that much better!

Noah got his driver's license this week; another milestone that leads to miles! It's crazy when kids you've known all your life start reaching these landmarks in their lives. Thankfully I've been able to see these kinds of things happen often. I'm truly blessed!



5 THINGS TO REMEMBER

God is still in control. Psalm 46:1

Looking around at all that is happening, it can be tempting to think God isn't there or He's somehow lost control. Don't doubt: God is still in control. He's not inept or weak at all! He isn't sleeping nor abandoned us. He isn't absent and He isn't giving up on humanity. He sent His son to redeem humanity. He's present though He isn't seen and He's certainly still in control even though He's not exerting His dominance. Trust. Hope. Believe.

All we have comes from Him. 1 Corinthians 4:7

Regardless of how much or little we have, it is all a gift from God. From the breath in our lungs to the material possessions we obtain, God has generously blessed us with what we have. Give thanks. Give back. Give generously.

· God is concerned more about your heart than your stuff. Matthew 9:13

Many times we can fall into thinking that God just wants our money or possessions, but He really just wants our hearts. If He has our hearts then He has our stuff too. When we cling to Him, we readily release everything else to His care. Love Him. Yield to Him.

God is worthy of our praise. Psalm 145:3

No doubt many are dealing with difficulty and hardship while others may be experiencing great success today. The point that God is worthy of our praise and worship should not be lost in either case. We can blame God for pain and we can lose God in success. Regardless of where you are in life, God is worthy of our worship and praise. Praise Him. Worship Him.

Make the most of what you have. Ephesians 5:15-16

Whether it's taking advantage of an opportunity or simply soaking in the life God has given. Everything is fleeting, vanishing like a shadow in the dark. Don't get lost in the past. Embrace today's blessings and grace. Live. Love. Don't waste a moment!