

# Why am I doing this?

I had been married for about six months when I found out that I was going to have a baby. Up until having Seanna I had a plan for my life with laundry. I did it on Fridays— just like I had seen my Mom do all of my life.

When Seanna was born we had a laundry explosion hit our household. I began to dread Fridays. During one of my Mom's visits to see her granddaughter— she asked me about my overflowing laundry. "Why do you have so much laundry waiting to be done?" she asked. "Um, Mom, it's not Friday yet." I reminded her. We had our "laundry conversation" where she reminded me the reason that she only did laundry once a week on Friday's is because of our water shortage on the island. Since we relied on the cistern to collect our water she had a washer that allowed her to do three loads of laundry on one load of water. I now cringe to think of it. As we were talking it was as though a virtual light flooded my head. I can do laundry every day? I remember the freedom felt. It was amazing. I felt liberated as I headed out to the garage to get one of my nine loads and put it into the washer on Wednesday! Wow.

As exciting as my laundry is. That is not what I am writing about today. We have so many areas in our spiritual life that become a stress points to us. Because this thing that you have been battling has been there so long— you have allowed it to linger— to become a part of you. You might be facing fear, doubt, sickness, pain, rejection, lack of self confidence, anger, mistrust, and many other things. Do you want me to let you in on a huge secret? You don't have to live like this a day longer.

Lay it at his feet today. HE is the burden lifter, the way maker, he understands everything that You go through and wants to help you!

