

There's a strong old wind tonight ...

I opened the window tonight, as I took myself back to bed after getting the milk and met a busy world. Not a world full of people or the deafening hum of loud voices and car engines, but of wind. That sort of wind that blows right through you, that seems to be around you and inside you all at the same time. A strong old wind.

I laid in bed, instantly transported back to my childhood. Back to cool summer days, back to the riverside, back to running!

Not just any running though. Oh no! Back to running like the wind ... or was it running through the wind? Or maybe running as the wind?! Running! Running like life depended on it. Running with your chest puffed out, big gulps of salty air from the river driving you on, feeling inside like you might burst! Running fast! Really, really fast! With bare feet barely touching the ground. Running free!

I laid there for a moment, listening to the wind and thinking ... why don't we run like that when we're adults? We run, we exercise, we put ourselves through our paces, we hit goals ... but when did we stop running free? Running as the wind?

I thought back to Jeff's thought for the day. I know that song well, I sing it to my children often: 'birds flying high, you know how I feel ... sun in the sky, you know how I feel ... breeze drifting on by, you know how I feel ...' and I thought: yes, that's right, the breeze does know how it feels! The wind still knows what it's like to run so free, to run this way and that, to run till bursting, to run like a child free of cares ...

So I took a moment to make myself a promise ...

An ankle injury currently prevents me from actually running, but I promised myself this: to remember often that feeling of being a child, running! That carefree, joyful, bursting feeling! That feeling of being so completely at one with the grass beneath my feet and the air in my lungs. To stop over thinking, stop second guessing, stop worrying, and just be free. Even if it is just for a moment ...

I can see now why Jesus said "Let the children come to me; do not hinder them, for to such belongs the kingdom of God." Children know that freedom, have

that ability to let life fill them up to bursting, are closer to the Lord for it. I watch my son running now, and I can feel that freedom in him ... that joy of being alive ... that happiness ...

So let us all, just take a moment, in the quiet of our day or of our hearts and remember our faith and approach it like we did as a running child: with freeness, with joyfulness, and with absolute trust that, even if we fall, you will help us get back up and run again! And let it fill us up, like those big gulps of salty air, driving us on, giving us life and filling us with your love, Lord.

