

## **Seeds of Hope, Stories for Lent #30 - *Juggling is a Lot Like Living***

I believe that life is a constant juggle of so many responsibilities to family, church, and community that we must learn how to juggle our schedules, appointments, and commitments here and there and everywhere.

We also have to learn how to juggle our own responsibilities to ourselves in terms of our body, mind and spirit, so much so that we can, indeed, say living is a lot like juggling. So, how do we juggle all of these things all of the time and not “lose it all?”

Here is a lesson about the art of juggling that is analogous to the art of living.

1. Learn to handle only one ball at a time. In other words, do one task at a time. Most of us can only do one thing well at any given moment.
2. When you do take on more balls, or responsibilities, don't take on more than you can handle. We need to know our limits as to what we can do and what we cannot do.
3. Don't go too fast and don't go too slow. Pacing is vital to juggling as well as to life.
4. If you do drop the ball, that is, if you fail in some way, just pick it up and go on. That's the way we learn from our mistakes.
5. Keep your eye on the ball at all times. You must stay focused and pay attention. Put all distractions aside. Both juggling and living require focus and attention to what's at hand.
6. Juggling, as well as living, is learning to follow a certain pattern, or certain habits in our life. Successful juggling is learning to maintain a specific balance in life. Following that pattern creates the balance that creates happiness and rhythm.
7. And finally, understand that it, indeed, can be very challenging, but it can be very rewarding if we just remember we are all constantly learning the art of living. Try to enjoy the lesson.

Amen? Amen!

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### ***For Further Reflection...***

***What are some of the things in your life that you are juggling?***

***What are you juggling that actually brings you closer to God?***

*“If possible, on your part, live at peace with all.”* Romans 12:18