

Positively Speaking

By Mark Wilson

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A Long Walk in the Woods

A long walk in the woods is good for the soul.

"I went out for a walk and finally concluded to stay out till sundown" said naturalist John Muir, "for going out, I found, was really going in."

The forest brings the majestic symphony of God's orchestra alive -- a far better production than anything originating from Carnegie Hall. The heavens declare the glory of God. The birds, trees, sunsets, and lakes remind us that all is well.

Want a good remedy for a troubled heart? Go take a hike! Get out into nature and observe - watch - listen. You will find peace there. It's hard to be all worked up when you are quiet in a woods.

The Bible says, "Be still and know that I am God." Somebody bigger than me is in charge of the universe. I don't have to panic when situations arise beyond my control. Watch the birds. You'll see!

Joy is the natural state of the soul. The absence of joy indicates some kind of soul disease.

"Entanglements" keep us bound in turmoil. Sometimes, we let our negative emotions get the upper hand, and distract us from the path of peace. Fear and anger are both major entanglements, which can tie us up in knots before we even realize it. It's hard to be fully alive when anxiety and resentment are squeezing the soul. Consider the lilies.

Joy is internal, not external. It depends not on circumstance. "Stone walls do not a prison make, not iron bars a cage." A free spirit can never be imprisoned.

Hardships will come - but then they will pass. Yesterday's tears are merely passing showers. We should not dwell on the dark clouds. The sun always is shining behind them.