



Pause With Purpose

...to refresh

...to grow

Published monthly by
Free to Be
Life Coaching
and
John Rottschaefer PhD
Certified Life Coach
Volume 62 - Mar 2011

Passionate Patience

We hear it all the time. "You're next in line." "Get your tax refund anticipation check." "Get it all, and get it now." "No waiting for a response."

That's right ... no waiting! It's the mantra of our fast paced society. Work harder to produce more in less time. Rice, which used to take 15 minutes to cook, is now available for consumption in one minute. Merchants promote instant coffee, instant oatmeal, even instant oil changes. Do you want to be married? No problem ... just order a bride through the mail. No need taking the time to build a healthy relationship. Maybe that will come later ... or not!

So much pressure ... so much speed ... so much demand! So little enjoyment ... so little peace ... so little patience.

What ever happened to patience? We speak of it as a positive attribute, but then dismiss it as an archaic relic of a by-gone generation that, while quaint, is impractical and illogical in our current competitive world. But is that really true? If so, then why do we insist that our children wait until age 16 before they receive their driver's licence? Why do we encourage them to wait until marriage before they engage in sex. Why do we wait for the

first coat of paint to dry before we apply a second coat, and why don't we tug on little seedlings to make them grow faster?

Perhaps patience is much more practical than we often want to admit. In truth, patience is not only practical, but fundamental for life to be healthy, balanced, and respectful of its natural rhythms.

To better appreciate the nature of patience, let's note five of its basic characteristics.

1. Limited Autonomy - Patience assumes that there are divinely set limits on our power and control. If not, then we could produce whatever we wanted whenever we wanted it, and patience wouldn't be necessary.
2. Eager Anticipation - Patience is often misunderstood as the passive killing of time, involving boredom and distraction. Actually, real patience is passionate, energized by the clear awareness of what is desired and the eager anticipation of what is to come.
3. Active Trust - If we do not believe that what we hope for is possible, then patience is not needed. We can simply give up and move on. But if we choose to believe that our desires can in time become reality, if we actively trust that what we wish for

will find fulfillment, then patience is well founded.

4. Willing Work - Since we eagerly anticipate and actively trust, we also willingly work toward our goals. This involves actively doing what we can to move toward them to the best of our ability, while always respecting the limits of our influence and ability.

5. Humble Acceptance - Since we do not have ultimate power or control, the outcome of our wishes is never a certainty. They may be fulfilled; they may not be. If fulfilled, they may occur sooner, or later ... possibly much later. What we do know is that many things in life have their own timetable of development/fulfillment that is best not to rush. Also, some things we might wish for never do reach fulfillment. It is a humble reminder that our wishes (even the good ones) are not the most important thing in life, and that we are not the ultimate "boss".

So what do we need to be patient? We need strength to endure in the face of unmet desire. We need faith (hope) to maintain our desire in the face of disappointment. We need wisdom to humbly recognize our limits, and to graciously release our desire if the final answer is "no".

May we be blessed with all three.



Pause with Purpose

Volume 62 - Mar 2011

CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

Mailing Address -
John Rottschafer, PhD CLC
Free to Be Life Coaching
12317 Verlin Dr
Gowen, MI 49326

phone - (616) 450-4615
e-mail -
john@freetobelife coaching.com
www.freetobelife coaching.com



If you do not wish to receive this letter, please share this request at the contacts above and your name will be removed from the mailing list.

Copyright 2011 by John Rottschafer Ph.D. and Free to Be Life Coaching. Reprint permitted with source information included.

Spirituality and Patience

There are several enemies of patience that most of us are quite familiar with. One of the great enemies of patience is fear with panic. This occurs when what we want seems not so much a desire, as a necessity. The prospect of having to wait for it, or to do without it altogether, threatens our security and creates the desperate feeling of a life and death issue. "Patience, smatience ... this is too important!"

Another enemy of patience is the feeling of entitlement. What we desire becomes not just what we want, but what we actually deserve. Our distorted sense of fairness and justice makes us indignant if we don't get what we want immediately. "After all, I shouldn't have to wait for what's really mine!"

So often our desires get defined as something other than what they really are - our desires! And so often we forget who we really are - the beloved children of an Almighty God who knows more and knows better than we do. His role is not to keep us happy by immediately fulfilling all (or any) of our wants. Rather, it is to love us, grow us, and bring us closer in relationship with Him so we can experience the true joy, fulfillment, and peace of His presence.

He is, after all, someone we can truly trust to have our best interests at heart, whether we understand the process or not. Such trust, wrapped in humble patience, will experience its reward.



"Hope is patience with the lamp lit."

- Tertullian

"To keep the lamp burning we have to keep putting oil in it."

- Mother Teresa