

“Taking the high road” is a metaphor for doing the right thing. The traveler has to pick the road carefully and may have to find his or her own way. Even if the way is well marked, the trekker must watch carefully to stay on the path, otherwise there is a danger of falling. Geographically, the high road over the mountain is harder, but generally has prettier scenery and better views. The “low road” traveler, like the river going with gravity, takes the path of least resistance.

It is very easy to be swept along in life.

A person can drift from one project to the next, one relationship to the next, one day to the next. If you don't want to spend too much time thinking about things, you can get into a real routine doing your thing every day and not really knowing why. Socrates said, “The unexamined life is not worth living.” He was known for encouraging others not to just accept the norm, but to challenge society and actually think their own thoughts and choose their own way. Taking the time to ponder why you are doing the things you are doing is a worthwhile task. It helps a person stay on track with his or her highest values and priorities. If you know what is most important to you, then it is easier to take that “high road” and live according to what you truly believe is vital and meaningful.

People who regularly reflect on the substance of their lives are actually happier in the long run. Those who spend time thinking about what they do and why they do it, what they have chosen, how they have responded and how they got where they are generally have more of a sense of how all the various parts of their life fit together. No one has all the answers, but folks who have a good sense of where they have been have an easier time choosing where to go next.

When a person spends that time reflecting on the meaning and purpose of what they do, the map that they are living by comes into focus. Everyone has a map, and has the capacity to choose where they are going. Those who don't take the time to examine life regularly lose the benefit of having their map and sometimes forget that they can actually choose a destination. Without looking at the map, even if they have a goal in mind, they have no way of knowing what the best way to get there might be.

So I will encourage you; regularly take some time to reflect on your life. Ponder what God is calling you to do. Meditate on the scriptures so that the truth of God's word will dwell within you securely. Pray for guidance and choose to take the "high road." It will be worth it in the long run.

blessings to you,

Pastor Karla