

# Life in the Fast Lane



Building Blocks of Breakthrough: Getting Past the Roadblocks

## *Movin' down the highway... and I do mean movin'*

I'm flying down the freeway fast lane, headed for a work meeting, while strategizing a WM training and pushing to fit Mom's visit into this trip (hmm...maybe a veer off the 210 North to the 5 South to the 91 East). Uh, oh...I've just gone three exits past where I was headed in the first place. I actually missed an entire town of freeway exits! This is not a good thing. And, guess what? There are scores of you SUPERWOMEN out there 'leaping tall buildings in a single bound' and blazing down the fast-lane of life. I recently heard a speaker who calls this "Superwoman Syndrome". (I'm thinking it may be super-sized stress!). Check it out...you may find your cape needs some alterations. Here you are with the pedal to the floor and feeling like the baloney between two slices of bread with mayo and lettuce. The needs and demands of family (sometimes Mom & Pop as well as husband and kids), church, friends, jobs (mine requires travel) can load up your emotional and spiritual "car". Now you can't find the important stuff under all the excess baggage. Surely, God's navigation system included a destination and destiny but it is a struggle to juggle all those hats and wonder if anyone remembers my real name. (Try asking your youngest child to identify your middle name – mine said 'mom'...just like your first name). Aargh! I am beginning to feel lost at home!

Here is the good news. We have an identity, a purpose and a destiny with God. John 1:12 says, "As many as did receive and welcome Him, He gave the authority, power, privilege, right to become a child of God". My identity is therefore in Him. As a child of God, I can expect a life lived in abundance, service and purpose for Him. It may be time for a season of listening to re-establish a relationship with our heavenly Father and find a new balance. Let's discover what God has put on our plate. The bread pudding and sweet potatoes (w/those mini marshmallows) may have called your name but God only asked you to put green beans with chicken on your plate. Let's keep our plate filled with God's food and take a break from the fast lane. As we listen, tune up that spiritual antenna and discover the perfect peace and rest of God. His yoke is not heavy and the burden is light!

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## A Few Time-saving Suggestions:

- Start early
- Set goals and write them down
- Plan/strategize to reach your goals.
- Balance your time (be realistic)
- Take a new look at your commitments
  - What stays
  - What goes
- Delegate

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