



**CENTRE COUNTY PREVENTION COALITION**  
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**June 24, 2009 – Life is Too Short to Waste It**

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*Quit messing around, you're just wasting time.* How many times have our kids heard those words come out of our mouths? So in order to stop the incredible tragedy of wasted time, we turn to heroic hurry. We live life at the speed of hurry. We are attempting to accomplish more and more stuff in less and less time. Is hurry the speed of your life? Well, does drive-thru count as a family meal in your book? Do you count the number of people in the lines at Walmart – and then keep track of where you would have been if you chose the other line? Is recess a waste of time? You may be living at the speed of hurry.

Unfortunately sometimes in the attempt to redeem time, we end up losing life. Living at the speed of hurry may result in an abundance of information, but a lack of wisdom. Living at the speed of hurry will get more appointments in your day, but less people in your heart. Living at the speed of hurry may enable us to buy more stuff to give our kids, but it will steal the time we have to be with them.

Few things will make a greater difference in the lives of our children than time spent with them. Time spent with our kids is never time wasted. When I look back on the highpoints of my childhood, I remember vacations with my family, especially three days in a run-down cabin outside of Yellowstone! It rained the entire time and we played hide-and-seek inside the little cabin. I remember board games on snow-days. I remember going hunting with my dad and my mom's help with some pretty elaborate practical jokes.

What do you consider a wasted day? In his book, The Effective Father, Gordon MacDonald tells a story about Boswell, a famous biographer. Boswell often referred to a special day in his childhood when his father took him fishing. The day was fixed in his mind, and he often reflected upon many of the things his father had taught him in the course of their fishing together. After having heard of this particular expedition so often, it occurred to someone to check Boswell's father's journal to determine what he had thought of that particular day. Turning to that date the reader found only one sentence written; "Gone fishing today with my son, a day wasted."

This summer many of our *Communities that Care* articles will focus on spending time with our kids. From practical possibilities to personal stories, from day trips to time management tips, it's all about investing time that can never be wasted. If you think about it, it's hard to say we can't afford to take a day with our kids, when we have no idea how valuable that day may end up being to them. Life's too short to waste it – invest in your kids.

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