



Wonderful Words of Life

For nearly everything we do as humans, there is a good way to begin, and a not so good way to begin. If a pianist attempts to play a concerto without warming up the fingers, mistakes are inevitable. If a soprano tried to sing Puccini without warming up the voice, the sound would certainly not be her best. If a ballet dancer tried to dance *Swan Lake* without plenty of plies and stretches to warm up the body, she could cause serious injury to herself and others.

For a ballet dancer, each day begins at the barre. This is where the dancer awakens the body and warms the well-used muscles. The barre is sturdy, can handle incredible amounts of weight, and provides the support necessary for a dancer to start her day properly. If a dancer does not begin with the barre, she runs a dangerous risk of physically harming her body from not warming it up properly. Eventually, the dancer must move away from the barre and onto the floor, where she is able to move more freely. No matter what kind of a rehearsal is planned for the day though, each day begins with the foundation of the barre. When there are times--and there always are at some point--that a dancer struggles with something, the best thing to do to re-focus and re-center oneself is to return to the barre; return to the basics and the support. It all begins at the barre.

The same should be true of our walk with God. Scripture, God's words to us, are our support--they are our barre. Scripture can center our minds toward positivity, and toward God's blessings and purposes. Scripture "warms us up" for a strenuous day by giving us encouraging words and reminders of God's love for us. It is certainly much easier to go through our day with the thought of God's love in the back of our minds, than without it!

If we begin each day at our spiritual barre, with divine truth as our support, we have a strong base for the rest of our day to play upon, and a strong foundation for the rest of our lives to be built upon. We cannot spend our entire day reading scripture, nor can a dancer spend an entire class at the barre; we must step away and move through our lives. We can, however, have that support each day, and when things become difficult to manage or understand, we can always return to our "barre" for help and encouragement, or simply to re-focus our minds and hearts. Those "wonderful words of life" are always there, always true, and always strong, and are just waiting for us to step up and hold on. They are our foundation for daily life and our stronghold for daily trials.

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