

Feeling His Pleasure

One of my all time favorite movies is the Academy Award winning movie *Chariots of Fire*. I like this movie so much that I bought a DVD copy to watch whenever I need a reminder of what I call “sensing satisfying pleasure”.

This pleasure is different. It is not selfish; it is not temporary; it never changes. The more you feel it, the more you want it. But at times, it takes work – a daily effort and a strong sense of believing the best.

One of the tracks on the DVD (see for yourself by clicking on it) shows one of the heroes in the movie, Eric Liddell, a sprinter and a devout Christian, telling his sister that God made him fast for a purpose, and when he runs he feels God pleasure.

As a Christian myself and as a marathon runner, blessed to have been running marathons now for many years (and aiming to get to my hundredth marathon before age 70), I ask myself this question almost daily: When I run or see patients or write pieces for healthykids.ca or do work with the media, do I feel His pleasure? Most of the time I can honestly say, because I am blessed, that I do. His pleasure energizes me.

Regardless of what you think about all of this, I want to encourage you to try and be on purpose as often as you can; daily is the ideal. Be the best parent, the best spouse, the best worker, the best leader, the best server, the best teacher you can be. Be the best of whatever you feel you are good at doing.

Find what interests you. Then do it well and pour your soul into it. Work not just for yourself, but work as if you are working for your Creator, who gave you your skills.

At the end of the day, ask yourself, “Did I feel His pleasure?” It takes guts to ask such a deep question. The rewards are worth it.

Trust me. I know.

Access www.healthykids.ca for a terrific new resource in helping families raise healthy children - **HealthyKids with Dr. Nieman** will optimize your child’s complete health.

An **informed** parent is... an **empowered** parent.