

HOLY HELPS

SITTING ON THE PORCH

“And He said to them, “Come aside by yourselves to a deserted place and rest a while.” (Mark 6:31)

When I phoned our first-born son recently, I asked where he was. He answered, “I’m sitting on the porch.” That’s the first time I have heard anyone say that in many years. I congratulated him for going counter culture to the rat race going on all around us.

Few homes built in recent years have porches. Now patios are the thing. It used to be that porches trumped patios. Porches were built for sitting, patios are built for sizzling; porches are for meditating, patios for marinating!

“Sitting on the porch” is a long lost luxury, the absence of which is the reason some hearts and homes fail. Jesus recognized the need for a “break” from the hectic pace of the disciple’s lives and instructed them to get in some “porch sitting” time.

“Sitting on the porch” will refresh. Jesus said, *“Come aside and rest.”* In this day when people are in such a hurry that they run up the escalator, there needs to be time in every life when we pause for our souls to catch up with our bodies. “Porch sitting” is a pause that refreshes!

“Sitting on the porch” will provide time to ruminate. (For those who do not get off the cell-phone long enough to use the grey matter between their ears, if it isn’t already fried - “ruminate” means: “To meditate, to reflect.” (Why didn’t I use the words “meditate” or “reflect” instead of “ruminate”? I wanted you to “ruminate”!) Recalling the past, reflecting upon the good and the bad that may have happened to us, helps us in going forward. All of us need to learn from history – our histories! That is how we improve. Trial and error should lead to fewer errors in the future. Rumination can be an education!

“Sitting on the porch” is an opportune time to reconnect. If we are not very sensitive, we will run ahead of God’s plan for our lives and will have to back-track. Many are the examples in the Bible of persons who “sat on the porch” to reconnect with God. Jacob comes to mind: *“Then Jacob was left alone; and a Man wrestled with him until the breaking of day. Now when He saw that He did not prevail against him, He touched the socket of his hip; and the socket of Jacob’s hip was out of joint as He wrestled with him. And He said, “Let Me go, for the day breaks.” But he said, “I will not let You go unless You bless me!” (Gen.32:24-26)* Reconnect and how! But he got the blessing.

“Sitting on the porch” is rewarding. Isaac’s place of solitude was the field: *“And Isaac went out to meditate in the field in the evening....” (Gen.24:63)* The result? Read the next few verses and you will see that God sent him a beautiful wife – Rebekah! Good things happen those who unplug from rapid routines, have the non-anxious audacity to stop awhile and wait upon God.

There are lyrics from some song that go like this:

*"I'm just sitting here watching the wheels go round and round,
Yeah, I've slowed down so I can gather power,
'Cause you can't smell the roses at 90 miles per hour."*

Ever hear those lyrics? I think they're from some country song I heard. Anyway, "sitting on the porch" may be out of style for most but it is still a productive non-activity. Like Jesus and the disciples, find a deserted place (not a dessert place!) and rest awhile. May I tell you a secret? To get the best boost from porch sitting, you need a rocking chair!

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