

## Life is Like a Frisbee

One of the things I love about the summer is that my children are home from school. That means we spend a lot of time together. I can think of few things I love more than being a father. We work hard as a family to do things together. One of the reasons I prefer experiences to things is because God seems to speak more clearly when we *do* things and not just *get* things. Recently, we have discovered the joy of playing Frisbee. As we played I was reminded about life:

1. **The principle of participation.** In other words, just get in the game. Life is more meaningful and fulfilling from the field than from the sidelines. Why do we choose the role of spectator over player? As I witnessed today, playing requires more of me – more of my senses, more of my effort and more of my attention. We give our families, churches, and communities more of us when we touch, throw, and catch the Frisbee and not just watch someone else. This one principle alone could change our public institutions. Consider education. When parents recognize I don't get to watch my child learn but rather I must be a part of their learning our entire paradigm will shift.
2. **The principle of elimination.** In other words, get rid of something. We all have that thing hindering our pleasure, productivity, or performance. For me it was the sandals I was wearing. Rather than touch the grass with my bare feet I insisted on wearing footwear that was comfortable but wrong for the conditions and the circumstances. The moment I stepped out of them leaving them out of the game I noticed an instant improvement. The sandals were not bad they were just wrong for what I was doing. Their capacity did not extend into the current. There are people, habits and attitudes that we must simply step out of maybe not permanently but at least for this moment in my life.
3. **The principle of imputation.** In other words, it's not God's fault or anyone else's for that matter. There is power in personal responsibility. We must stop blaming God for our decisions and actions. Our bad throws became God's fault – "the wind did it" and "the sun was in my eyes" were the most used excuses. God is not using nature *against* us but rather *for* us when we learn to position ourselves in ways to capitalize on the resources around us. In similar manner when someone made a poor throw but with a little "hustle" a play could have been made, it became easier to give up than to work hard to make the most out of what we had been given. Too often in life we use the excuses of another person's poor performance as our rationale for giving up or quitting. It is entirely possible God was creating an opportunity for us to make a sensational play and shine that much more brightly. It is rare that our greatest opportunities surface in optimal conditions.
4. **The principle of association.** In other words, learn to enlarge your team. It's so easy to get comfortable working, singing, playing, and socializing with the same people. As we included more people in our "circle" the game became more challenging and more rewarding. In life we like "playing" with people like us whether that be racially, spiritually, or socially. It is through inclusion and not exclusion we develop our sensitivities and patience while gaining competencies to reach people unlike us. It takes different skills to throw to a 10-year-old versus a 17 year old but both deserve our efforts and benefit by our efforts. We have become too selective in whom we deem worthy of our messages. If the messages are worth telling it is worth the effort to share it broadly.
5. **The principle of celebration.** In other words, have some fun. The pressure of high performance, the phobia of low performance and the preoccupation of accomplishing the spectacular can take all the fun away. As we played, we heard more accolades concerning good throws and catches than poor ones. This was telling considering there were probably far more poor plays than good ones. This week

celebrate some co-worker, friend, or family members good plays. Could it be what we are celebrating most anyway is not the performance but the person?