

# Journey Enews

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## CLEARING MY HEAD By Bobby Duncan

Are you like me, needing to occasionally turn social media off during the day? I just walked to our community mailbox down the shopping center sidewalk. Other renters and businesses pick up their mail at this central mailbox. The weather this morning is terrific. After raining most of the night, the sun is bright and skies are blue. The temperature is climbing again into the upper '50s. Another nice morning to be alive.



I have discovered that stepping outside for a few minutes throughout my day helps me clear away the clutter and cobwebs in my mind. This exercise is helpful for both physical and mental health. For me, getting fresh air is like clearing up my email inbox each morning. I delete unsolicited spam and promotions. It somehow feels good getting rid of junk mail, like achieving a small goal each morning.

Maybe there is a lesson to be learned. With technology there is always a capacity limit. People also have a capacity issue for volumes of words, negative information, unhealthy thoughts and vibes that fill up our brain space.

People are not machines, but like machines, people often need a refresh. How about you? How do you do it? How do you clear out negative thoughts? How do you flush tension and anxiety about real life issues?

I have a thought. Do you have an office window nearby? Go look outside as often as you can. A window can be a portal to a brighter perspective. I spend a lot of my office time indoors on a laptop and cellphone. I am usually in the back rooms without windows. Periodically, I need to shake things up. I have found taking a short break, going out front and sitting for a moment on our sidewalk bench is refreshing.

Just now, I heard birds chirping. I waved at my Auto Zone neighbors, wishing them a good day. I listened to the constant traffic, moving in all directions around us. This brief time outdoors helped me remember the world is awake, alive, and going places. It feels good be alive!

Easter is April 20th this year. It is a little later and the weather may be perfect. I've been reading in the Gospel of John (John 14-20) about the final days leading up to Jesus' arrest, crucifixion, and resurrection. What stuck with me today is how Jesus withdrew to pray, clearing His mind before these prophetic events unfolded (John 3:16).

As the entire world prepares to celebrate Easter 2025, let's refresh our thoughts. Get rid of some overwhelming, maybe toxic concerns. Refocus on Jesus conquering death, our hope and salvation. Whatever stresses you have today, step outside if you can. Breathe deeply, listen, smell, and feel the breeze against your face.

Be grateful you are alive. Learn from Jesus. Clear your mind before Easter.