

## **Choices in the Mud and Muck**

### **Ready:**

"This is the day which the Lord has made; Let us rejoice and be glad in it." - Psalm 118:24

### **Set**

The twenty-four campers and their huddle leaders lined up on the first day of competition. The newbies had little idea of what lay ahead. Even those who previously ran this gauntlet of rocks and roots, mud and muck, and challenging obstacles would need to adjust their strategies as they encountered the harder and longer course.

Off they went, moving so quickly they must have seemed a blur to those who walked the long downhill at a much more pedestrian pace. Then it was through the woods, and down a steep and muddy cliff. A belly crawl through foot-deep watery mud followed. This was but the first time to encounter the mire. Then it was off to the obstacles, back to the mud, a sprint through wooded trails, a slosh through the lake's best shoreline muck, another romp in the mud pit, before climbing up and over the obstacles. The long uphill run back to the finish was torture. There was nothing easy about this race.

Decisions were made on the course, all of which were revealed on the competitors' faces. Some chose to embrace the difficulty with a smile, pushing hard the whole time. Others grudgingly continued their journey as their breath became labored and muscles rebelled. One or two dropped out.

All were presented the same circumstances, yet there were three distinct responses. Each was an intentional choice.

Let's be careful to choose wisely every day. Choose joy. Choose perseverance. Choose who you will serve. Chose to believe God's sovereignty, grace, and goodness is active in your life. Choose to be glad.

### **Go**

1. Have you ever let circumstances dictate your attitude?
2. How can we make good choices with regards to attitude?

### **Workout**

Psalm 25:12; James 1:2-4

### **Overtime**

Father, we are so easily steered off course when we fail to embrace opportunities to suffer well and strive for excellence. Help us make the choice to be joyful and glad every day, all day.

**Bible Reference:**

Psalms 25:12

James 1:2-4



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