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The Emmaus Journal – "The Little Things In Life"

By C.L. Mareydt

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The Emmaus Journal – "The Little Things In Life"

Even as 'Believers' we tend to focus our attention on the big grandiose super events, the larger than life images that surround our everyday lives...but there is always more to life than meets the eye. The indirect challenge is to find the more than meets the eye moments and it is usually found in the little things of life. These so called little things of life that would normally be over looked much too quickly; and unfortunately in so doing, miss them altogether. Missing these little things of life to the point of also missing the blessing en-captured therewith.

I had recently witnessed an unassuming gesture of a young man removing an insignificant spider with a cup and paper towel to convey its release outside the living quarters it had invaded. Seeing this small act of thoughtful kindness toward another living creature even as small as a spider; provoked my spirit in response. If the choice had been left to me in the same situation, I know my first natural instinct to squash would have compelled me to immediately eliminate such an ugly creepy thing and mindlessly so without a second thought. But that little act of preservation instead of elimination, toward such a small insignificant creature, performed by a young man at least ten times my own strength and how much more so than that of the spiders; humbled me. To witness his regard of life, even toward one of life's smallest forms, moved upon my spirit in a large way.

Why should I marvel at such a little thing in life? Because I saw the hand of YaHWeH (God) extended beyond the hand of man. A small moment with a small wonder to behold, but a life changing force to

partake of. There was no exchange of words, no lectures, or even mental judgments. Absolutely nothing unusual in the reality of that particular moment in life, except I saw it! It then touched my spirit and impacted my life with each passing day with a renewed sense of holy value for life. Thus connecting a greater value of the life force in all the little things of life.

Can it be that we have slowly become desensitized toward regarding the small insignificant, seemingly unprecedented events that life can offer, as meaningless in value? Have we subconsciously deferred to being blindly motivated and stimulated by the dull obtuse, yet, in your face, sequences that life can force upon our natural senses? Perhaps we have become so rigidly scheduled in our personal timetables that we can no longer afford to take that extra moment to see past the glare of our own selves. Which leaves me to believe that much has passed us by, and many divine blessings along the way.

This is not the proverbial 'stopping to smell the roses along the way'. Although we need to remind each other to even do that. This challenge is to purposely allow the little things in life to come into focus. Purposely cultivating an eye to see past the moments 3D reality and allow the divine essence of the moment to be imparted. To at least try to partake of the life given to us on a level that can infuse such a blessed life force of a moment that actually connects us with the life giver, our YaHWeH (God). In so doing we can add to the divine continuum of blessings for not only ourselves, but for many others. This is an acknowledgment of YaHWeH (God) and ultimately it is YaHWeH (God) acknowledging us. The divine transference of YaHWeH's (God's) life force continued in each of the so called little things of life.

It has been said ... "We are all dying to live and living to die". But the breath of life from YaHWeH (God) has divinely structured the life force within us and outside of us. This life force is in many different levels, seen and unseen to the natural eye. But the eye is also divinely structured to see past the natural with the life force of YaHWeH (God). To be able to see past ourselves can be a wonderful new adventure. For truly there are still many wonders to behold that have not met the eye yet. No matter what your age may be, no matter what your beliefs may be, no matter where you may be right now; there will always be many more of the little things in life to set your eyes upon and receive the life force of its blessings.

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Learn From The Characters

By Matthias Reightman

Your life is shaped and influenced by the people that you live with, work with, and hang out with. People are definitely the single biggest source of influence in each other's lives. If you think of your life as a story, the people in your life are the characters in the story. Just like you can learn from characters in any good novel, you can learn many things from the characters in your own story.

I met a woman once that kept a journal specifically about things she was learning from the people, or characters, in her life. She had just spent a summer backpacking in Europe and the pages of her journal were filled with biographies of the characters that she met that summer. Some were more influential than others, of course, but she was intentional about learning from even characters that showed up in her story for just a few minutes. I was so impressed by her commitment to learning from living and I was inspired to create a similar journal just for the characters in my own life.

Since starting my own characters journal, I have learned more from people than I ever thought possible. I began the journal by listing the main characters that were frequently a part of my days. These included my family members, closest friends, and co-workers that I interacted with often. I wanted to make this list of main characters because sometimes the people we are closest to are the hardest ones to be intentional about learning from. By having a list in the front of my journal I was reminded of them often.

My journey of learning from the characters in my life has been simple and yet profound. I take a few minutes at the end of each day to record things I have observed or learned from others. Sometimes I see characteristics in other characters that I want to make a part of my own character. Other times I see things in people that I want to warn myself against ever becoming. Whatever the case, I am careful to observe the world around me for anything I might learn about living better. For example, a few months ago I met a woman that had the loveliest ability to tell engaging stories. I recorded her talent in my characters journal that night with a special note that I want to learn how to tell stories better. One day my father told me a story about his childhood. My characters journal that night told of a newfound respect I had gained for my father by learning more about his life. Some of the best lessons of my life have come from the main characters in my life. I would never have learned or remembered many of these lessons without keeping track of them in a characters journal.

Consider starting a journal of the characters that are a part of your story. You'll be glad you did.

Matthias Reightman has been advising people to learn from the characters in their lives for years. Check out more at

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