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## WHEN BAD CAN TURN OUT TO BE GOOD

"Sometimes it's healthy to get sick." Now how's that for a great quote? I thought so, too, especially since I made it up.

This past couple of weeks I've suffered through my first (at least that I can remember) bout of bronchitis and I sincerely hope it's my last. Pain in my chest. Tiredness reminiscent of my chemo/radio therapy days and general over-all feeling lousy. But that fantastic quote actually came as a result of that experience – it forced me to do what I'd been counseled to do many times, slow down.

During this episode I've retreated to the bed for hours at a time. In fact, it's been a long time since I've spent as much time curled up under the blankets. It was downright delightful to stay in bed until 8:00am and the lure of an afternoon snooze got me through the few hours I worked in my office each morning. After the mid-day siesta and preparation of a definitely non-gourmet supper, I watched the Women's World Curling competition for a couple of hours then headed back to the sack – just twelve hours after I initially crawled out of it. It was pure luxury.

In all honesty, I seriously hope I don't have to repeat the experience any time soon but I do thank the Lord that He used this time to catch my attention. Sometimes it's really healthy to get good and sick.

I'm quite sure that bronchitis wasn't the Psalmist David's problem but in his unique distress he voiced the same thoughts I've had: "It is good for me that I have been afflicted, that I may learn Your statutes." (Psalm 119:71)

While I don't believe that God "does bad things to get us" I know by experience that He can use the challenges we face to teach us important truths.