

Reset your emotional clock

Written by Timothy Houston
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The clocks have been set back an hour again. This is also a good time to think about resetting your emotional clock. What do you do when you get overwhelmed? How do you deal with the stress and the pressure that each day brings? Every day, a little more pressure is added to your emotional reservoir. Every day it gets closer to capacity. Without some way to reset your emotional clock, you will become a time bomb waiting to explode. You must learn to reset your emotional clock and refresh your spiritual reservoir.

To begin with, everything requires a reset. When I turn on my home computer in the morning, it goes through a series of bleeps and flashes which it does every time it starts up. It checks to make sure all of the drives and the cylinders are operating correctly. It also checks the main memory to make sure none of the data has been corrupted since it was shut down on the night before. The computer then makes the minor adjustments necessary to keep it running smoothly. It checks itself against itself. These daily adjustments and alignments keep the computer from crashing. These adjustments are an essential part of the well being and longevity of the computer.

Your emotional clock must be reset. You are more complex and complicated than a computer. If your home computer needs to check itself daily, you also need to check daily the computer that is in your brain. Daily self-evaluation and adjustments keep your life's hard drive running smoothly.

Many people skip this all-important function for a few extra minutes sleep in the morning. Important self-checks are not being performed. As a result of this, their cylinders are skipping, their main memory is failing, and their system is headed for a crash. Quiet time leads to self-examination, and examination is necessary to remain healthy. We all must regularly check our mental and emotional condition.

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Your spiritual clock must also be reset. Men and women need daily quiet time with God. The man often carries the weight of the world on his shoulders, and the woman often carries the family calendar, schedule and details on hers. They are both complicated systems that are comprised of a spirit, soul and body. This complexity is further complicated by the combination of their divine destiny, the things they have experienced in the past and the present consequences for their actions. Without God to sort through their emotional baggage, men and women will explode emotionally and physically, and the whole world will suffer. When this happens, our community as a whole will be at risk.

The need to calm down and slow down is all around us. When you reset your internal clock, you reset your emotional clock as well. Inner peace produces outer peace. You are able to face the world and the things in it without losing perspective on what is important. Our families benefit from this peace. This peace is like a river that flows from the heart of God into the heart of men and women.

Timothy Houston is an author, minister, and motivational speaker who is committed to guiding positive life changes in families and communities. For questions, comments or more information, go to www.tlhouston.com.