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A NOTE FROM PASTOR LUCY

Don't be afraid of the scenic route.

Have you ever had a destination in mind and you wanted the most direct route to reach that destination? We all have probably asked Google for directions at some point. Usually, Google takes us on the most direct route. Google will also give us alternative routes and kindly lets us know if the route is slower or if the route has tolls.

If you're like me, I always want the fastest and most direct route. I have places to go and people to see. I want to do it right the first time with no mistakes. The scenic route has unknowns. What if it takes longer, it might be all gravel, what if there's no gas station?

What's the point here?

Since the new year, my heart has been stirring to pursue offering some sort of counseling service. I didn't know what that meant or even where to start and to be honest, the endeavor seemed too big, too out of reach, and too unknown. I knew a few things. I knew I was capable, I knew I had a heart for people, and I knew I had a desire to help people. But, was I qualified? I don't have a license, I can't take insurance, what if I flounder? What if it fails? There are so many other mental health professionals out there. I clearly had enough reasoning to talk myself out of it.

But then there was another thought, what if it works?

I recently had coffee with a friend who works at the Candeo Counseling Center. I shared with him many of the same things I listed above and he kindly said to me, “Don’t be afraid of the scenic route.” Those seven words stuck like glue.

We may have a defined picture of what we want our life or career to look like. Maybe we want that destination to be clearly marked with a linear path to get there. I think those desires are legit. But what if the scenic route is better? What if the scenic route offers perspective, opportunities to try things, sites to see, breathtaking views, new relationships to be formed, etc.

Counseling was not something I saw coming, it’s the scenic route. But in that scenic route, I suspect there are folks within our church body and in the community who find themselves in challenging circumstances and could benefit from Christ-centered counseling. Maybe that someone is you or someone you love. With that, we are pleased to offer Christ-centered counseling at Cedar Valley Church. If you are considering counseling and want a trusted, faith-based perspective, please reach out to me directly, or visit our website by clicking the button below.

-Pastor Lucy

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