

Midget Vacations

Taken from Tim Hansel's book, *When I Relax I Feel Guilty*

Morning Midgets-

- Praise God for the sunrise (that means you have to be up to see it). I heard someone say that one of the greatest tragedies in the world today is that people no longer see the sunrise.
- Don't get out of bed until you can think of one thing you're thankful for, and secondly, say, "This is the day that the Lord has made, let us rejoice and be glad" (and really mean it).
- Go outside and yell (as loud as your inhibitions will allow), "Life, I love you!"
- Hug something or someone.
- Instead of saying your normal grace before breakfast, either (a) sing a song, (b) whistle, (c) clap, or (d) just stomp your feet. In other words, praise Him with your whole body, instead of just your lips.
- Phone somebody and wish them a happy day.
- Try to find something in your yard or house that you've never seen before. You'll be surprised at how many there are.
- Laugh at least once by the time breakfast is over.
- Set a very unique goal: to be happy by eight o'clock in the morning. In other words, refuse to be controlled by your circumstances.
- Do something special for yourself in the morning—make yourself a special cup of tea, kiss your spouse, pat your dog, read a favorite section of Scripture. In other words, help yourself set the pace for the day.
- Smile at that face in the mirror and say, "I love you" (if you can't say that, then say, "Jesus loves you," because that's certainly true).
- Do something different in the morning. Put on two different color socks, wear tennis shoes with your suit, sit at a different chair at the breakfast table, write a poem, go to work in a different way this morning. Somehow break the normal routine of your morning.
- Tell each member of your family one reason why you're glad they're in your family.
- Tell Jesus one reason why you're glad He's your Lord.
- Think of five reasons you're glad that you're you, i.e., five things you like about yourself, and thank God for them.
- Look around your house. I mean *look* around your house, and, before you leave for the day, think of one thing that you're grateful for. Don't forget it when you get caught up in that day's problems.
- Pray for someone. You'll be amazed at what it does for his or her life as well as for yours.
- Choose one word or one line of Scripture and follow it for the day. Really try and contemplate what you've chosen throughout the day. Put it on your dashboard. Put it on your desk, but as much as you can during the day, try to make it a living reality in your life. You will be amazed at how different Scripture will become in you life if you do this on a regular basis.
- Make it a point to meet someone new before lunchtime. You never know what might happen.
- Phone your spouse in the morning, whether at the office or at home, and just tell him or her how much you love them. Have no other reason for calling, except to say how glad you are that God chose them for you to live out your life with.
- Thank someone who works at your office, or who services your home, for contributing to your life. For example, thank that secretary who answers all the phone calls. If you get a chance, thank the garbage man for picking up your trash. Stick a note on the mailbox for the mailman, just saying thanks for all the good news he brings. There are countless people in our lives to whom we forget to say thank you.

Afternoon Midgets-

- Go to a different place to eat lunch, or go to the same place, but with someone new.
- Tell the server that he/she is really doing a fine job, or leave a note with your tip. Or really, I mean really, enjoy your food—focus in on it, taste it, explore it, instead of exploiting it. Take time to thank God for it. And if possible, try not to hurry through it.
- Go on a picnic during lunch. Even if you work "downtown", find a park bench or a bench by a bus stop, and eat a sack lunch, and watch the people go by. It might give you a whole new perspective on life.
- Take a few minutes out of your lunch break to read a couple pages of something special—something that will inspire you to move into the afternoon with a little more power. Don't exploit God's resources by being

prejudiced against the afternoon, assuming not much can get done. We often assume that we will be most ineffective in the afternoon. Be different. Be His.

- On your way back from lunch, find or buy a flower to give to your secretary, your wife, or to your child. Life is made up of little compliments, not big ones. It's a real mistake when we wait and wait for the big things to change our life—when in actuality, it's all the consistent little things that make life magic.
- Take thirty seconds out of your afternoon to be thankful for one thing at the office or at home.
- Ask somebody a good question today. What is their most important priority? What is their reason for being alive? Or, is what they're doing now moving towards their ultimate goal in life? Or, what are the three things that make them happiest? Or, any kind of question that helps you figure out what makes them tick and helps *them* figure out what makes them tick.
- Write your philosophy of life on a button and wear it for a day. You might get some interesting responses.
- Pick one word that means something special to you, that's important to you, and try to define it. Set it on your desk. (For example, *love, peace, hope, trust, freedom, gratitude*—what do they really mean to you?) Peace, for example, might be defined as “the absence of envy.” What would it mean to live a life without comparison?
- Take three minutes out of your busy schedule and try and write somebody a note today.
- Think of twelve reasons why you're glad to be alive.

Evening Midgets

- Did you take time to exercise today? One of the most important ways to stay alive and enjoy life is to get that oxygen and blood to pump through your body. If you haven't, go out for a short walk. Take someone from your family. Go for a little run if you can, or ride a bike. Jump rope or do something to make your heart beat.
- Help set the table in a different way tonight. Maybe you'll find some flowers in the yard and put them in the center. Maybe you'll make little name tags for everybody so they can sit down and make dinner look official and special. Maybe you can put on some relaxing music. Maybe you'll have everybody get dressed up a little bit and help celebrate how very special eating together is.
- Have everyone share one thing they're thankful for at dinner. Again, gratitude is the basic attitude of happiness.
- Have someone different say grace tonight.
- If you want to try something really unusual, try eating with your opposite hand tonight, (It's also a good way to learn how to eat more slowly, which is a good way to cut down on some of your calorie intake.)
- Instead of your usual grace for meals, thank God for each thing on the table. When was the last time you thanked him for forks, knives, spoons, napkins, for salt or coffee? Learning to thank Him for the little things creates a joyful heart.
- Have a gripe-and-appreciation session during dinner. That means, it's legal to share either a special things you appreciate about each other or something you have difficulty with. It does magical things to open up conversation.
- If you really want to be weird, sing a Christmas carol. Even though it might be July, you'll remember that Christmas comes every day of the year if you choose to make it so.
- After dinner, do something unusual, like help mom pick up the dishes and maybe even get them washed. Maybe you can even make it a celebration.
- Do something with your family after dinner that doesn't involve the TV. Play a game. Have a water balloon fight. Go for a walk or take something to your neighbors. Doing things together doesn't seem like much at the time, but in the long run, it pays off.
- If your children are younger, have a parade through your house. Sounds silly, doesn't it? It is!
- When was the last time you turned on some music, laid on the floor, and just absorbed the music? When you did nothing else but just listened, and enjoyed the privilege of having ears that can hear, and let every fiber of your being relax and rejoice?
- Make a little love note for someone in your family and hide it somewhere where they will be sure to find it in the morning. That surprise might change their whole day.
- Write down a little passage of Scripture and maybe tape it to the mirror so someone sees it in the morning. Or put it next to their breakfast cereal bowl. Or tuck it inside your spouse's business calendar. Or tape it up above the sink where someone will be washing dishes that day. But in some way, try and help them remember that you love them and that God loves them, too.