

Jill Baughan

TRANSCRIPT FOR PODCAST EPISODE 87-MAKE YOUR BED

I'm Jill Baughan, and you're listening to the podcast called Find Joy...No Matter What.

This is Episode 87.

Friends, Christmas is coming soon, and you might have-gift giving on your mind. If so, I have a gift for *you* that might help you with that: It's a guide to making a Joy Box for someone you care about.

Do you know someone who's going through a hard time right now? Do you want to celebrate some goodness that's happening in a friend's life? Do you need to express your appreciation for a job well done or a kindness extended during this past crazy year? Or maybe someone needs to know that you love them? Or even like them?

If so, this guide offers up some ideas for making a joy box that will definitely brighten the day--and maybe even the life--of someone you care about. I've saved you the headspace of trying to "think up" a special gift of encouragement.

Just head on over to my website at jillbaughan.com, sign up for this free download and, as a bonus, you'll also receive the podcast in your inbox every Monday morning--which can be a very good thing all year long, but especially during this season...because

If *you're* in a tough place right now, your joy may seem like it's hiding--or gone.

I understand. But it's still there, I promise, just waiting to be resurrected. And this podcast is designed to help you do just that...no matter what else is going on in your life.

For just a few minutes each week, I'll tell you a story--one that just might inspire a way to uncover a piece of joy you might be looking for. Then, we'll consider how it might speak to your life, because even though you'll hear quite a few of my stories during our time together, I believe you'll find your own in every one of mine.

Finally, I'll offer a benediction to send you into your day--or into your night.

So. If you're up for doing joy shots with a friend today...have a listen.

Is your morning routine life-giving? Or soul-sucking?

What's the very first thing you do after you wake up?

Some people make their beds.

Author Tish Harrison Warren, a few years ago, became curious about bed making. *Specifically, she says in her book Liturgy of the Ordinary, it occurred to me that thousands, perhaps even millions, of adults make their beds--a shocking idea to me, because I almost never did.*

What was the point? You'd mess it up again that evening...Make the bed, unmake it, make it again, over and over. And for what?... the bed functions just as well with the sheets messy as it does with them pulled tight and tucked in neatly.

So, in an effort to gain some insight, she conducted an informal survey on Facebook to see who did and who didn't. *Some made it daily, she says, first thing, zealously. Some never made it. Some thought it was preposterous to even consider making it, while others thought not making the bed was akin to not brushing your teeth or not paying your taxes--something meriting disgust, if not jail time. Many made their bed erratically, maybe three out of seven days...[But] some promised me that bed making would change my life--that I'd be more successful, happy, and productive with a made bed.*

At that time, my typical morning routine was that shortly after waking, I'd grab my smart phone. Like digital caffeine, it would prod my foggy brain into coherence and activity. Before getting out of bed, I'd check my email, scroll through the news, glance at Facebook or Twitter.

[Some researchers say that] *If humans rescue a baby animal in the wild, the animal is said to be "imprinted." It accepts the human as its mother. From that point on, it will believe that all good things come from people. It is no longer wild and it cannot live on its own...*

My morning smart phone ritual was brief--no more than five or ten minutes. But I was imprinted. My day was imprinted by technology. And like a mountain lion cub attached to her humans, I'd look for all good things to come from glowing screens.

Technology began to fill every empty moment in the day. Just before breakfast, I'd quickly scroll through email, Facebook, Twitter, a blog. And then again an hour later. I'd ignore my kids' persistent calls for milk and snacks with a distracted "hold on" as I vaguely skimmed an article. I'd sneak in five minutes online as they ate lunch. I'd return from an errand and sit in the driveway with the car running, scrolling through news on my phone, and then I'd check my screen again before bedtime. Throughout the day I fed on a near-constant stream of news, entertainment, stimulation, likes, and retweets. Without realizing it, I had slowly built a habit: a steady resistance to and dread of boredom.

After my makeshift sociological study on bed making, I decided for Lent that year I'd exchange routines: I'd stop waking up with my phone, and instead I'd make the bed, first thing. I also

decided to spend the first few minutes after I made the bed sitting (on my freshly made bed) in silence. So I banished my smart phone from the bedroom.

*My new Lenten routine didn't make me wildly successful or cheerfully buoyant as some had promised, but I began to notice, very subtly, that my day was imprinted differently. The first activity of my day, **the first move I made, was not that of a consumer, but that of a co-laborer with God.** Instead of going to a device for a morning fix of instant infotainment, I touched the tangible softness of our well-worn covers, tugged against wrinkled cotton, felt the hard wood beneath my bare feet. In making my bed I reflected that creative act in the tiniest, most ordinary way. In my small chaos, I made small order...*

*And I sat. At times, I'd read Scripture. Most often I'd pray...I'd lay out my worries, my hopes, and my questions before God, spreading them out in his presence like stretched-out sheets. I'd pray for my work and family, for decisions, for a meeting scheduled later in the day. But mostly, I'd **invite God into the day** and just sit. Silent. Sort of listening. Sort of just sitting.*

***But I sat expectantly.** God made this day. He wrote it and named it and has a purpose in it. Today he is the maker and giver of all good things.*

So. I tend agree. **First thing: just invite God into the day.** A morning joy shot.

And making your bed might never be your thing. It could be anything that helps you invite God into the day. For me, it's taking a life-giving shower. I'm pretty sure God is in there, handing me the soap, singing, "Good morning to you."

In the shower, I wash off the funk, my hair gets defrizzed and untangled, and the whole process is life-giving. It warms up muscles and helps me move more easily. And perhaps the most mystical of all, I get my best ideas in the shower. There's some biological explanation for that—letting your mind wander, the pathways unblocked, the neuro transmitters free to transmit. In the shower, my brain un-constipates. I have, in the past, even used bath crayons to write ideas on the wall during my shower so I won't forget them.

The shower is a refuge, too. Can't hear the phone. Can't really talk to anyone. You're mostly left alone, with all those free-wheeling thoughts.

The shower is definitely a sacred space for me. I can't multitask; I can only be in the moment, attentive to how good it feels and smells in there. Soap. Shampoo. Fruity smelling body wash.

And when I come out, I just feel...better. More awake. More alive. Refreshed.

It's like church without the people. Or the clothes.

Not entirely a bad thing.

How about you? What DO you do first thing in the morning? Whatever it is, does it fill your mind with all the things that happened in the world when you weren't looking? Does it point your soul toward the darkness that matches the lack of light outside? Does it point your mind toward all the things on your calendar, all the things you need to do that can't be done in the next 24 hours?

Does it remind you of a lack, a sorrow, a worry that you were blissfully unaware of in your unconscious state, but exactly one second after you open your eyes, you remember that thing, and immediately you are catapulted into stress or anxiety or busyness that dogs you all day long?

Would you consider adopting a life-giving ritual or a habit to practice before life as you know it body-slams into your soul?

Again, you don't have to make your bed. Or even take a shower. But if it helps...well, you go right ahead.

And so my friend,

May you find a first-thing-in-the-morning to do that quiets your heart instead of agitating it,

And may that peace of heart follow you around all day along because, as God was knocking on your bedroom door, you dragged your weary self across the room...and invited him in.

Thanks so much for joining me.

If you know people who might need encouragement to start the day in a positive way, I invite you to share this podcast with them, and subscribe yourself on iTunes, or wherever you listen to podcasts. Or you can go to my website at jillbaughan.com, click on a podcast episode and sign up to receive episodes in your inbox. Just don't miss a single one, because I so look forward to being with you again soon.

Make your bed...or something...my friend. And always, always remember, if you go looking for joy, you'll most likely find it.

Till next time...

NOTES:

FREE DOWNLOAD: *Make a Joy Box for Someone You Care About:*

<http://jillbaughan.com/joy-box/>

Warren, Tish. *Liturgy of the Ordinary*. Intervarsity Press, 2016.