

Living With a Sense of Urgency

“Teach us to number our days, that we may gain a heart of wisdom.” Psalm 90:12

I asked my dear friend Caren Austen to write about the life-upending diagnosis that, in a single moment of time, changed absolutely everything about her life.

Cerebral atrophy.

That was the diagnosis resulting from a recent MRI. Deterioration of the brain.

After judiciously researching the diagnosis, a consultation with a friend in the medical field confirmed the most likely cause that my brain is shrinking: Alzheimer's. A singular moment with horrific implications.



At 66, I was stung as the future I had anticipated seemed to be snatched away. The time I likely would not have with my children and grandchildren. I didn't feel frightened as much as sad. I know that God is Lord of my past, present, and future, so I was secure in His will and His care.

Still, I had looked forward to more time on playgrounds, more snuggles with my youngest grandchild, my only grandson, Liam, who is, at eight, now my only snuggle bug. I had anticipated

more time. Time reading books by flashlight in tents made of blankets strung over tables. More tea parties with Katrin, my tomboy who, at 11, still loves to set up fancy teas for her "Glamma." I longed to continue sending and receiving just-home-from-school and late-night texts about their days. I wanted to cook again with my budding chef, Brigid, and see how she, now a teenager, grows – where her talents and interests take her. I wanted to hang out again with Murren, riding around in the old rusty farm truck she loves. I wanted to hear more of her music video analyses. I wanted to see this young woman on the cusp of adulthood mature and launch into the world on her own. I wanted to be fully present for proms, graduations, weddings, and more babies.

I had begun two books and had fallen into the writers' bane of procrastination. Now, I wondered if I would have time, if I would still remember all I needed to complete them. Suddenly, I craved time. I wanted more. I was frustrated by the mundane necessities that took me away from the activities that screamed for my time *now*.

I had only recently experienced God's miraculous healing after decades of dealing with a debilitating mental illness that had stolen so much time. Now, with my newfound peace, freedom, and joy, I wanted to live. I wanted to walk in that freedom. I longed to wake up with delight at each new morning. I wanted to share my freedom and my healing. Now, I wondered: would there be time?

I began to live with a sense of urgency. My life became laser focused. Not on a bucket list of places to go or experiences to enjoy. Instead, I felt driven to create a legacy for my children, my grandchildren, and for my friends and others who had lived through some of the same struggles I had. Thoughts and ideas of just how to do that occupied my mind during the day when I was not at work, in the evening when I sat alone at home, and at night when I lay in bed and sleep would not come.

My priorities changed. I didn't want to spend my money or my time on material objects or activity that would not have a lasting impact for the people I loved. I wanted to conserve my time, energy, and resources for those activities that would leave an eternal imprint on those I cared for. I began to spend even more time in prayer for those I love, especially my children and grandchildren. I began to formulate in my mind the letters I would write to each one. I began to search the Scriptures for the verses that would offer them guidance, as well as those that were precious to me, so they could get to know me better even when my mind could no longer communicate my heart.

I spent time rededicating my two daughters to God and praying my own dedication of my children's children to Him. I told God over and over, "As for me and my house, we will serve the Lord," longing for assurance that even when my mind was gone, I had done all I could to leave behind a legacy that would point them to the Lord I love. A legacy that would ensure we would all be reunited one day in a world that shines with the light of the glory of God when my renewed mind would know and recognize them.

I didn't worry too much about what my own surroundings would be as I declined. I thought I would most likely be squirreled away in a nursing home that took in those with few resources. Separated by hundreds of miles from my family, I knew my local friends would come to check on me. I felt sorrow at the thought of loneliness, isolation, and limited activities, and I wondered how it would feel to live the confusion of time and place I had witnessed with my mother. I reflected on the occasions she talked to me about me, as though I were a stranger. I grieved for the time that would come when I would not recognize my own daughters whom I love, the precious gifts of God I had carried, given birth to, and reared. I wept at the thought of losing the sweet memories of mothering them and the joys that were shared only between the three of us.

As I grieved the future I thought I would not see, I began to concentrate more on what I could leave behind. As I only shared this preliminary diagnosis with a few of my closest confidants, they helped me brainstorm ideas on how to share my legacy: passages of Scripture, poetry, music, videos, letters, photo albums, etc. would be the means I would use to reach out into the future to continue influencing those God had entrusted me with and whom I would leave behind. I experienced relief, pleasure, and even hope at each new idea that would allow me to continue to have influence and share my love and myself even when the part of me that is "me" was gone.

That was how I began living a life of urgency. I awoke daily with a purpose of doing something specific to leave a legacy, a trail those I loved could follow behind me to a growing and loving relationship with God.

Then, in another singularly memorable moment, my life shifted again.

A knowledgeable neurologist examined my MRI. In view of my heart-wrenching diagnosis he seemed crazily nonplussed. But he said that, while the MRI did show evidence of mild cerebral atrophy, it was exactly what he would expect of someone who was 66 years old, and it was certainly nothing of concern. *What??!!!* In one moment he erased my fears and sent me into near spasms of joy.

Since that sweet reprieve, I must admit, I have slipped a bit in my sense of urgency. The desire to sort through stacks of books that clutter my new apartment, the necessity of making a living, the need for rest after a day of work, and countless everyday nuisances crowd my life and scream for attention. However, the experience has changed me. I no longer take my days, my hours for granted. My desire to leave a legacy of worth has changed the way I pray and spend my time. I continue to plan ways to ensure that my faith will live beyond me. I pray that God will show Himself through me in my little sphere

of influence. I have not lessened the prayers for my family, especially my daughters, sons-in-law, and grandchildren. God put *me*, with all my flaws, talents, life experiences, joys, sorrows, and foibles onto this earth for a reason—a purpose that He designed *me* to fulfill. I seek to savor each moment God gives me to love and live for Him. That is my sense of urgency. It is my prayer every morning before my feet hit the floor that this day my life will not be spent in my own pursuits but will be only a conduit for Him to touch those He places in my path.

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