

Mid-life crisis

What is a mid-life crisis? I could look up the technical term or I could just look in the mirror. For some time now I have been mildly stressed by death. It has bugged me to no end that my mom had a headache one Friday at the end of May a few years ago. Of course, she went to the hospital to get checked out. They literally gave her a pill and sent her home. She died that night. The medical system is one issue. Yet, for me, it was about a Friday in May. What plans did she have for the summer? Was my mom looking forward to a movie coming out? Did she go home that night hungry? All of it was gone in the blink of an eye.

People die. I get it. Here today and gone tomorrow. I do not remember a ton of what I did in my earlier years. There was so much stuff. Yet, I do remember that at 33 yrs. old my life changed. I ended up single unexpectedly. I did not see that coming (sort of). However, I was able to pivot and gain a new life. The threat of death is a different cat. You cannot pivot after death. So, many people come to this realization later in life. They call it the mid-life crisis.

I would love to buy a sports car in my mid-life crisis. How about change my hair. Na, I do not have much of that left. It is an odd transition from youth. You literally are watching (in real time) your life slip away. Your hair is leaving. I am going grey. Plus, the wrinkles are appearing. I look like my grandpa now. What happened to him? He died. In-fact they all died! Will I be the first not to? Ha, ha, that is kind of funny right? Why dwell on death. I could live a long time. Well, is that true? My mom had plans. I suspect a mid-life crisis is a death panic attack. I better start living now because the now is becoming short. Now is a good time to try and outrun death.

What does God have to say? Ezekiel 18:32 *“I most certainly do not want anyone to die! This is what the Lord God says. Change your ways, and live!”* It is like people wake up one day and see themselves differently. That different look scares them to death. It is now time to live. Yet, people spend a ton of time not living. God is not dumb. He knows that humans spend most of their lives living the wrong way. A mid-life crisis is really the realization that were going the wrong way. So many people have shouted that God is mean or cruel. Yet, the God of the Bible is always telling us that we are going the wrong way. Why is a mid-life crisis a thing if we are going the right way? It is a thing because we are not going the right way!

Is my new running hobby a mid-life crisis? I say no because I am always open to new things. In-fact I kind of fell into this hobby. I would even go so far as to say I am attempting to be an athlete. I work hard on it. Do I fear death? If I am being honest the answer is a resounding yes! However, I want to end well. If that means I can run, read, and live long into my old age relatively pain free I will take it. my mid-life crisis is trying to live the best life I can. The past is the past. Yet, my future is still in my control somewhat.

As I stated, I went through divorce at 33 yrs. Old. I found myself staring into the mirror at someone I did not know. I vowed that day to live differently. Kind of a mid, mid-life crisis. Since then, I have traveled the world, got a degree, and learned to run. In a way I have been living the mid-life crisis for over 25 years. I know what this looks like and how it feels. However, I can see so many people walking around between 30-50 years old in a daze. They live a practically meaningless life. It's not about being famous. No, it is about leading a life that others would die to have. To be the beacon of hope that life is better than we think.

I knew a couple that divorced recently. They mentioned that in their 30 years of marriage they traveled together a few times about 200 miles in total. In thirty years! It is not about travel.

It is not about money. Yet, as humans were never meant to sit still. This world is amazing from a human perspective. We have accomplished so much. Sitting still is a very bad thing? One day you realize that you better get moving because death is starting a watch party on your block. A mid-life crisis and a bucket list exist because we become afraid of missing out. Yet we could have done so much with the time we had. Who wants to realize that with so little time left?

I think the walking dead appealed to people because many are the walking dead. Alive but not alive. Why are divorce rates so high? People do not stay at their jobs long term. The discontent in life is probably an epidemic. I am stunned that people kill themselves. One day they wake up and realize life is not as good as it should be. They are faced with a choice: stop the madness here or start the madness. A mid-life crisis seems like madness to some. "What are you doing?" they cry? Yet, to those who begin that journey, we know what we want. It is to live with what little time we have. The best type of madness.

I have literally had someone say to me that I do too much. Seriously? Yet, they also say that obesity is a problem. What? Maybe people are sitting still far too much. Then one day they hit the panic button when they realize death is nearer than they thought. I got lucky. Divorce jolted me out of that slumber. God has changed my perspective on living. It is not about chasing life for me. I could even say I do not fear death as much anymore. Instead, I think I want to thrive in the remaining time given. To live a life so busy that I die with projects unfinished. Yet, through it all I am learning and running. I am healthy and a child again. I changed 25 years ago. It is time to fill my life with too much.

Call it a mid-life crisis if you want. I see far too many people sitting still. They look way older than me for all the wrong reasons. The walking dead waiting to stop walking and just die. In my fitness journey I have noticed a few people vastly overweight. They are trying to correct

the problem. I was not that big. Just 30 pounds overweight. Try 300! It is almost impossible to reverse sitting still for 20 or 30 years. Humans were not made to reverse that type of living. I wish my mid-life crisis happened at 25. I am lucky it started at 33. Yet, we must find a drive to thrive. It is not about being a worldly rock star. Instead, be a rock star in your own world. Push yourself to do the things you always dreamed of. Death is coming for all of us. Why are you waiting for it to arrive? It is time to create a mis-life crisis that is worth living for.