



# Wandering For God

*with Pastor Stephen Rehrig*

*First Presbyterian Church*

*of Hillsboro*

## The Rat Race

For eleven years, Dr. Buckley studied rats. At the end of that time, one of his conclusions was that the term "rat race" hit a little too close to home for his comfort.

Buckley subjected several thousand of these little creatures to a stress chamber which he designed to simulate modern conditions—bright lights, a constant variety of noise, similar motion to riding in a car, an ongoing need to respond to something.

What he found was that in one week, the rats became easily irritated, developed

hibited dangerous behavior toward each other.

In fact, the doctor noticed that his own blood pressure rose as he dealt with them.

Slow down. Take a breath. Break out instead of breaking down. Take a spiritual inventory. Organize your priorities. Enjoy the world around. We are children of God, not rats. We need to act like it.

**A Friend Loves  
At All Times**