

## Excerpt From *Inspirations From the Everyday*

### RECIPES

I decided to try a new recipe. We both felt like lasagna would be a good meal, but as I have some food issues, this wasn't going to be as easy as it sounded. I searched online for a gluten and dairy free recipe and found one that looked promising.

We picked up the necessary ingredients and made a meal that was a real treat for me. I posted online that I had tried this new recipe and really enjoyed it. Little did I realize that this would be one of my more popular posts! Requests for the recipe started coming in. As I was sending it off, I commented to someone that, while being gluten and dairy free is a challenge, if I want something badly enough I can usually find a way to make it happen.

Those words struck me and I thought of a quote my husband had used in a presentation the night before: "If you really want to do something, you'll find a way. If you don't, you'll find an excuse." ( Jim Rohn). How true that is in my life. I tend to be very good at making excuses. Is it the same for you? Do you think about things you want to do but find yourself making excuses? This awareness has caused me to think about how to make a way, instead of an excuse. When I pray and ask the Lord for guidance, I don't need excuses. He is the one who can show me the way. My recipe for lasagna also reminded me of an important recipe for life!

Taste and see that the Lord is good. Blessed is the person who takes refuge in him. Psalm 34:8 (NIV)