

Heart and Soul

Mid-Life Crisis

By

James E. Bogoniewski, Jr.

Theme:

This monologue is the fourth in a series of five monologues which convey the different stresses that women of various ages experience throughout life. This monologue presents the viewpoint of an experienced mother who has just seen her children leave the nest and start lives of their own. She is now experiencing what is often called a mid-life crisis. Through this monologue she stresses the difficulties in letting the Lord have complete control over our lives, but that God is in control whether we want him to be or not. "Don't plan for tomorrow because tomorrow will worry about itself." This has become her theme verse.

Biblical Reference:

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Approximate Running Time:

10 minutes

Notes:

The actors in this series of monologues are wearing hats that signify the different stages of their lives. The woman who is experiencing the mid-life crisis is wearing a beret.

Scene:

There is a stool at center stage. The woman enters, sits on the stool, and begins to tell her story.

I have to tell you, it's not easy being my age! You can't imagine the things a woman my age has to go through in this world today. It seems as if no one understands you, no one cares about you, there isn't anyone to talk to, and sometimes you wish you could just change the things that are around you, but that's not easy to do.

Does the phrase "Mid-life crisis" mean anything to you? It sure does to me. I've spent all my adult life raising my kids, taking care of my household, helping my husband, and being involved with church. Now my kids have all left the nest, have lives and families of their own, and I feel like an outsider in their lives. My household has disappeared from underneath me, the house seems too big for just the two of us, and it brings up memories of days when the house was a blur with activity. I really miss those days. Attending church is often painful. The change in the dynamics of our family reminds me of my changing status in our body of believers. New, younger families are coming into the church; other families are growing within the church, while my family involvement is dwindling. My husband does his best to support me through this phase of my life, but I don't think he really understands how I feel. Often I feel as if I'm deserted, like no one can truly understand what it feels like to watch things change and know that you can't do anything about the change. You don't like the impending inevitable changes that are on the horizon, you can see them coming, you dread them, but you're powerless to do anything to stop them.

I don't mean to complain about everything. There are some really good things that I've accomplished in my life, through the help of the Lord, and it's good to look back on your accomplishments from time to time to see where you once were and how far you've come. I can finally look back on some of the aspects of my life I never thought I would be able to get through and see the progress I made, with the Lord's help, of course. I can see the frustrations I had as a teen, the uncertainties I experienced as a young college student, the difficulties I had as a young mother, and the stresses of the friction my kids caused as they entered their early teens. I know that there were tense moments, and years, as my life has progressed, but I can actually say that as I look back on my life I am proud of the person I am and the accomplishments that I have made. At the same time, I have to tell you that I couldn't have done it without the help of the Lord.

I can't tell you how many times I have heard young parents tell me that it's impossible to control their kids, or that no matter how hard you try you can't be sure that they'll extend the faith you introduced them to in their youth into their adulthood. But I disagree. Proverbs 22:6 says, "Train a child in the way he should go, and when he is old he will not turn from it." That's pretty straightforward, isn't it? That doesn't guarantee that they won't rebel, or test their faith, it says that they won't depart from it. God is faithful to that promise. I've seen it happen first hand.

We developed a rule about church attendance in our family: it was mandatory. But we didn't stop there. Both my husband and I demonstrated a Godly lifestyle to our kids during the week as well. We taught them to do devotions, how to pray, how to seek the Lord's guidance, and how to find answers to tough questions in the Bible. Once they knew how to do these things they began to define their own faith to answer their own questions regarding the God of the Bible who they were learning about and growing closer to on a daily basis.

We watched something that was mandatory turn into one of their biggest desires. They each tried to make God the center of their lives, while leaving many of the sinful traps that many teenagers fall into far out of their minds. We did have some problems along the way, but we were able to work off of that base faith that had been founded in the truth of God's word to work our way through the tough situations. After asking them what God thought about their situations they were able to research and convict themselves of their own wrong doings.


I'm so proud of my kids, the decisions they've made for themselves, the faith they evidence in the Lord, and the success that surrounds them. I just wish that I could still maintain some degree of control over something. It seems as if everything that is happening these days is happening without me. I'm not used to that. Just a few years ago I was the center of everyone's lives and now I'm lucky if I get a phone call or two from time to time.

*[Pause in thought for a moment. This marks a change in her character. She moves forward in an introspective manner.]* Humph. You know, I guess I've been sounding like a pretty selfish person. I can't deal with the changes that are going on in my life. I want things to be the way they were a few years ago. I want to control the situations that are happening around me. I want to know where I've been, where I'm going, and how I'm getting there. That's not the way that life goes. Life isn't about having control of the situations surrounding our lives. Life is about reacting to the situations that surround our lives. I can't control everything that is happening around me, but I can control the way that I react to the things that are happening around me. What kind of an impression would I like to give you? One of a strong Christian woman who is secure in her faith and in the knowledge that all things are in his control. All things...humph. It's hard to let him have control of all things. I'm so used to being the one in control. But was I really in control, or did I just like to think I was in control? I know that God is in control of all things, but did I really believe that or was I just saying that?

Gee, have I proved to you that I'm in the middle of a mid-life crisis yet? Have my words seemed to chase themselves around in a circle? Have I made any point worth remembering? Maybe my words have proven how foolish we are as humans to attempt to know the things of God. Jesus said, "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

In all of my indecision I can know one thing at least: God is in control. In all of my striving to have things in the palm of my hand I have to remember that I don't know what tomorrow brings, [pause] but He does. He is in control of my life and my kids' lives. He is in control of everything. He is my guiding light and my source of comfort. I'll just have to look forward to what the future holds for me and know that he holds the present and future in his hands. I'll try to move forward knowing and trusting that he knows what's best for me. I don't know how I could do it without him.

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