



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

The Stress Mold

In this life we all will face challenges and demands that can influence our decisions and shape our lives- for good or bad.

An Illustration

When metal is forged the process involves high heat and incredible pressure. A skilled blacksmith can craft a hard and brittle piece of iron to become a beautiful sculpture by exposing the raw metal to flame and a hammer.

We are also surrounded by examples of plastic. Plastic is the material that makes chairs, containers, and thousands of other products. The process of making plastic involves extruding a super-heated liquid and forcing the flow under pressure through a die and into different forms.

Conform or Transform?

Unlike metal or plastic, we have a choice in the molding process. We can allow the pressure of life to force our lives into molds and patterns that are instructive or destructive.

- Conform- means to fashion alike into the same pattern. Aligning our lives to a conventional standard has pros and cons. On the positive side, obeying the speed limit on the interstate is a good

thing. It keeps our lives and the lives of all other drivers on the road safe. On the negative side, we can sometimes “follow the crowd” and this peer-pressure can result in individuals compromising their integrity and character values.

- Transform- means the process of change or metamorphosis that converts and alters something and “transforms” a substance into an entirely different item. This process looks very painful and is selective, private, and uniquely personal. That means that we cannot “transform” someone else. Every caterpillar has to undergo its own transformation.

Bitter or Better?

The events of life can make us into better creatures or bitter creatures. We may not have control over the temperatures or pressures in our situations, but we can control our perspectives and choices. Life is designed to be challenging. However, we can weather the storms and forces of this world and either allow them to force us into a negative mold or a positive transformation!

What will you choose?

Introducing your Community Chaplain

Eric Kieselbach

(pronounced “key-sill-baa”)

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“Don’t you know this world will tease you, it will seize you, squeeze you, seize you until you’re into its mold.”

Steve Camp

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.”

Romans 12:2

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