

PADKOS

Food for the Road

————— Dr Paul Charles —————

Thoughts for the Journey & Inspiration for the Soul



PADKOS

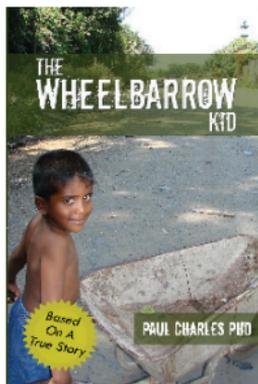
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Preface

PADKOS, is an Afrikaans word, which refers to food that you take along for the road when you are on a long journey, e.g. by car. English has no single word for it. This is a linguistic gap.

The common use of the word leaves no doubt that it is a household concept, especially in a society where people travel regularly. *PADKOS*, should be enough to sustain you until you arrive at your destination.

Life is a journey. And to survive on this journey we need food. However, if our desire is to thrive, instead of just survive, then we need something more ... that would feed the soul as well.

In the pages that follow, you will be given important reminders that would make your journey safe and the trip enjoyable when you drive but you will also receive more ... you will receive *PADKOS* for your soul. Just small bites, but enough to stimulate your mind and if applied will enrich your relationships as you travel on this journey called: life.

Always follow the rules when you drive. The rules are intended to guide you forward, not hold you back.

If you really want to live life abundantly, I mean really live life to its full... Then live within God's law ... they are intended to guide you forward, not hold you back. It is a reflection of His character.

Choose the company you
travel with wisely - the
journey becomes enjoyable
by the company you keep.

*Choose your friends wisely... A person is
known by the company they keep. Your
friends can make or break you. Bad
company corrupts good character. Choose
friends who will build you up instead of
tear you down.*

Don't drive for too long
without rest. Rest is
essential for a safe trip.
Take advantage of
rest-stops.

*That's why God gave us six days to work
and one to rest. We cannot do without a
Sabbath in this hectic and busy world. We
need to rest. Just one day... the last day, the
seventh-day is given to rest with God from
whom all strength is replenished. God knew
we need it, that's why He gave it.*

Don't forget to re-fuel at the garage - you cannot go far with no fuel or the wrong fuel.

Take care of your health, that is your real wealth. Fill your body and mind with healthy food and healthy thoughts. As a man thinks, so is he. God wants to prosper us, but he wants us to be in shape to enjoy the blessings too.

Don't pick up strangers -
you may endanger your
life and cut short your trip.
Many drivers, with good
intentions were hijacked
by hitch-hikers whom they
were kind to.

*Beware of distractions in your life. Not
every opportunity should be taken.
Sometimes distractions and danger come
disguised as opportunities. Think before
you leap.*

If traveling at night - always switch your lights on. Don't think that because you are driving on familiar roads, you will be able to navigate with your instincts.

This is a difficult world to navigate. Dangers and temptations lurk in every corner. You cannot make it by relying on your instincts alone. Allow the Holy Spirit to make things clear for you. After all, He was given to guide us into all truth.

If you haven't been to a place before but want to arrive safely and on time
- follow the map or use your GPS, whether it is a separate device or on your phone, use it.

Imagine getting lost with a map on your person. It is possible, if you don't use it. Don't be among those who own a Bible but don't read it. God has given us the Bible to guide us - let us use it because without it you can get lost in this life.

The journey to your destination is supposed to be enjoyable. Sometimes we plan to begin our holiday when we arrive at the holiday destination. Actually, the journey to the destination is part of the holiday – enjoy it.

Enjoy this life-journey but don't forget the destination - heaven. With our eyes fixed onto heaven, we can have a foretaste of heaven on this journey of life. Have clean fun, and make life happy for others too.

Don't race with other drivers. Someone is going to win and someone is going to lose. There is no need to prove that you can drive fast – anyone can.

Don't compare yourself with others. We are gifted differently. Almost every miserable and disgruntled person I met, has compared themselves with others. One of the reasons for problems in this life is comparing with others. You don't need to prove you are different; If you are going to be like someone else... Who's going to be you! Repeat: "If I am going to be you ... who's going to be me?"

Remember that if you drive safely, your family is safe.

Weigh your actions and know the consequences. We don't live in a vacuum. Our actions affect those we love. Don't be impulsive for momentary pleasure or gain. Those you love look up to you, you may not realize it but they do. Don't give them reason to look down on you.

If you start early, you don't have to speed. Many people are in a hurry and more than half of them started their journey late.

Don't wait to connect with God in your old age... Remember the Creator in the days of your youth. God will accept you anytime but it would be far better to walk with Him on the journey instead of being introduced to Him at the destination. Some never get to the destination because they have postponed this decision for too long.

When you park anywhere,
make sure your doors are
securely locked. It is better
to be safe than sorry.

*As you travel in life and pass through
different stations/experiences, guard your
heart and remember your vows to your
spouse and family. Many-a-home was
broken because precaution was not taken
to guard the sanctity of marriage. Many
good people were flung because of a fling.*

Don't let anyone touch the steering wheel while you are driving. That is a fundamental rule when driving.

Don't let others control your life, make your own choices but make sure your choices are good. If you let others control your life, you will end up living their lives at your expense. And you will end up bankrupt in your soul.

If you want to arrive in Bloemfontein, don't take the road to Durban. It is obvious right?

Be careful when choosing your life's path. After you have chosen your path ... your path chooses your destination. Choose your path wisely. He who chooses the beginning of a road chooses the place it leads to. Remember: Direction, not intention determines your destination. Maybe that's why Jesus said: "I am the way [path] the truth and the life"?

Always drink plenty of water to remain well-hydrated. Fatigue and related illnesses can be avoided by simply understanding that our bodies are made up of more water than anything else. Dehydration leads to sleepiness, lack of concentration and will result in accidents that can be avoided.

Man was created, he did not evolve from a single cell or monkeys. God formed man out of the dust of the earth and man became alive only when God breathe into him the breath of life. Without that ingredient from God man would have just remained lifeless dust. We need to feed our souls with the divine, without that spiritual component, we are just dry and dusted. Jesus is the water of life and His words in the Bible, bring life.

If you want to enjoy the journey then don't eat incorrectly. Take care of the quantity and quality of food that you consume on the journey.

Pleasure within moral parameters is God's ideal for man. When we become intoxicated with pleasure without restraint, we bear the consequences of neglected children, displaced families, wayward individuals, broken homes and meaningless lives. Be sober till its over.

If one of your passengers is sick or needs special care – tend to them first. People come first – before programs, parties and particulars.

Don't be so focused on your destination/ heaven that you become insensitive to those around you. One sign of a child of God is how he or she loves the people around them. Don't be one of those who are so heavenly minded but of little earthly use.

Turn the music on - it
makes the journey lighter.

Have a sense of humor and don't be afraid to use it often. Don't be too serious. Take a chill-pill. Laughter is still the best medicine. Search for the light side of things. Don't blow things out of proportion. Keep the small things small. If you look for reasons to celebrate, you will find them. Don't wait to have a big party when your child turns 21, it is better to have 21 small ones. If you wait, you may not have a child at 21. Don't postpone a reason to be thankful and celebrate. Life's a climb - but the view is great - turn the music on.

Don't just get into the car and drive - prepare for the trip. Preparation is key to an enjoyable trip, especially if it is a long one.

Before you get married go for marriage counseling - it is better to prepare than to repair. Some couples wouldn't be in miserable marriages if they opted for counseling. Actually, some wouldn't have married in the first place. The wedding is an event but the marriage is forever. Invest less in your wedding and more into your marriage.

Make sure you have airtime
and your phones are
charged. It is important to
stay connected.

*Always keep the channel between you and
God open with daily communication in
prayer and seeking His will through His
Word. Prayer is talking to God as you
would to a friend. In prayer, a person is
in an omnipotent connection. With that
connection, nothing is impossible.*

Make sure the vehicle you travel in is in a roadworthy condition. It doesn't matter how experienced a driver you may be, if your vehicle is not roadworthy, you are endangering the lives of others and yourself.

Choose your church wisely. If it doesn't follow the Bible and is disobedient to God's laws then it is a deficient church which will not help you to arrive at your destination. It may take you a few kilometers more but then you will be stranded. Don't trust your instinct, trust the Bible.

If it is a very long journey, travel with someone whom you trust and can help you drive so that your journey is not tiresome and make sure that you both are going to the same destination.

Marriage is intended to last a lifetime, don't marry in haste or if you don't trust your prospective spouse with your life. Make sure that your goals, dreams and spirituality is aligned together before you marry. Then the journey will be peace, joy and happiness on earth.

Don't forget to eat, but eat
healthy food.

*The Bible is proven to be the best spiritual
food for this life's journey. Observe people
and speak to those who follow the Bible and
you will see why.*

We don't plan for accidents, but they can happen. Make sure you are insured so that your vehicle is replaced without hassle.

Make sure you are insured for heaven through the blood of Jesus, then even if you lose this life, there is a better one waiting for you.

When others lose their tempers on the road, keep yours. It is not worth adding fuel to the fire if you don't want to get burnt. If you are angry, don't drive ... If you are intoxicated, don't drive. That's how most accidents are prevented.

Acting in anger has destroyed many good relationships. Simple misunderstandings can be blown out of proportion if you react in anger. A gentle answer quietens anger but a harsh one stirs it up. It is better for people to think you are fool than to open your mouth and remove all doubt. Control yourself if you want to control a situation.

Remember, when you are in control of your emotions, and able to think clearly, therein lies your life and the safety of those around you.

Your rear view mirrors are important but you are not supposed to be driving with your eyes locked onto them. They are there to indicate what you have passed already while you are moving away from it. You need to be looking out of the windscreen.

Your past, and what you have passed should not be the place to dwell in. Don't focus on the past and its regrets, there is no future in it. We were meant to move forward, forgive and forget and be free from the chains of the past - its mistakes, hurts, disappointments and pain. Leave the past behind, learn from it and move on.

Hazardous signs are there to alert you to circumstances beyond your control so you are not surprised when you are faced with them [and be better prepared]. Don't ignore them.

Always be prepared for the unexpected. Fore-warned is fore-armed. Be open to correction. The biggest room in the world is still the room for improvement. Weigh the consequences of your actions. Let's be humble enough to admit that we don't know everything and be bold enough to accept correction.

You are bound to meet other cars and people on the road. Respect them. By respecting the rules you show respect to them.

We are not isolated travelers in this journey of life. Respect everyone you meet, regardless of their color, status, cultural background, religion, age and attitude. When you obey the 10 commandments, you show respect to others you meet. God's law is intended to protect us and ensure mutual love and respect. Don't be intimidated by "big people" and don't intimidate "small people"

As you travel, you will meet old cars, new cars, cars of different colors, cars with familiar or foreign license plates, big and small cars ... As long as they are on the road, they have equal value. The new or big and posh cars don't have preference over others nor are they exempt from the law.

Each person, and we know that each person is different... should be valued the same because each of us is of the same intrinsic value - made in the image of God. You are as unique as everyone else.

If you missed your turn on the freeway, don't panic or make illegal turns endangering the lives of everyone. Proceed until the next off-ramp, take it and get back onto the road you missed.

*Don't be disheartened when you fail.
Failing doesn't mean that you are a failure.
A failure is simply an opportunity to try
again and again, until you get it right. Not
every driver on the road, passed his driver's
licence test the first time. Successful people
are not those who have not failed or fallen
but when they have failed or fallen, they
refused to be kept down ... they got up and
did things differently.*

For most of us ... our focus is so fixed on the destination that we forget to enjoy the journey & sometimes we forget to give due consideration to the price of the prize we pursue. In our quest for happiness, we need to be wise enough to let go of that which cripples us and courageous enough to embrace that which liberates us to enjoy the journey.

Life is encoded to help us reach our potential, but it depends on us to learn its secrets. *PADKOS* is one attempt to help you enjoy your journey in anticipation of your destination.



Dr Paul Charles is passionate about life and finds greater meaning in seeing others reach their destination. He is a prolific writer and international television speaker for relational change.

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