DAY TWENTY-ONE

FRIDAY – NOVEMBER 21, 2025

A Good Porch Swing and a Rocking Chair

"Peace I leave with you; my peace I give you...Do not let your hearts be troubled and do not be afraid" (John 14:27).

I find there are few things more comforting than a good porch swing and a couple of rocking chairs. When I was growing up, both of my grandfathers made sure that these were staples on the front porch. Not just a porch swing, but one that could hold them and several grandchildren all at the same time. The rocking chairs were large enough for a grandparent or parent and a child sitting on someone's lap. It wasn't a contest to see how high you could swing, or how fast you could rock, it was just a slow pace, rocking back and forth, regardless of whether you were in the swing or the rocker. It was a place to carry on conversations, catch up on the news of the day, sing a song, wave to your neighbor across the street or just watch the world go by. It was a less hectic time. It was comforting and peaceful - a safe haven, young or old. It was one of my favorite places to be, tucked safely under the arm of one of my grandfathers and enjoying the slow rocking motion.

For a Southerner, the porch swing embodies life in the South. It is for relaxing and enjoying the outdoors. It represents simple pleasure(s). It can be a place for contemplation and reflection. It can be a place for rest and relaxation. It is a place for fun and family. It is more than just a piece of furniture; it's a sanctuary, a place to unwind, connect with loved ones or simply enjoy the rhythm of nature. A porch swing and a rocking chair, either or both, mandate that you slow down the pace of your day or your life, if only for a little while.

A porch swing or a rocking chair both provide health benefits as well. In addition to promoting a sense of calm and reducing anxiety, the swinging or rocking motion can improve balance and coordination. It improves circulation. It provides an opportunity to enjoy fresh air and natural surroundings, which enhances mood and overall well-being.

When life gets to be a little too much, I think that God calls on us to slow our pace, seek comfort in Him, take a different view of the world around us, rest comfortably in his arms, and let him be in charge of the rocking.

Prayer: Thank you, Lord, for the comfort and peace that you provide each day, but especially when the stresses of the day take hold. I depend on you to set the pace of the rocking. Amen.

Margaret McLennan