

Mondays can be a drag

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Monday. The word itself evokes feelings of trepidation within the hearts of many, and for good reason. Monday is the first day of the work week for most of us – the day we go back on the clock – the day when the project we so joyfully left on Friday is waiting for us – along with other things that have seem to mysteriously appeared while we were away. With Monday, reality hits us and the weekend memory fades quickly away.

Do a web search on Mondays and you'll get everything from Black Monday to things like, "Monday, The Day That Sunday Threw Up." It's not just that Mondays can be depressing, although there's certainly evidence for that. Mondays can be deadly. A study showed that more strokes take place on Monday than on any other day of the week – it's a high stress day. Add to this Monday madness that chirpy person in your office that greets you with that annoyingly chipper voice. No one should be that happy on Monday morning.

Mondays can be a drag, but not if we try something so simple, it's brilliant. In the midst of the deep dark abyss of Mondays, comes a crusade to reclaim Mondays. Check out "DoOneNiceThing.Com." It is a website that was founded in 2005 by Debbie Tenzer who started looking for nice things to do every Monday to counter the "Monday Blues", and became hooked. DoOneNiceThing.com began sending out e-mails twice a month to subscribers detailing opportunities for them to make nice. In just a couple of years, the response has been overwhelming with subscribers residing in 43 different countries. According to the site, some of the results of D1NT include donations of school supplies for children in Afghanistan, care packages sent to U.S. soldiers, subscribers registering as organ donors, donations made to homeless shelters, and letters of encouragement sent to hospitalized children around the world.

Here is how they introduce themselves: "Are Mondays tough? Sure. Feel better by doing at least one nice thing for someone to start the new week right. One nice thing every Monday. Join us. Become a Nice-oholic. We'll tell you how, and who else is doing nice things. Helping feels good. You could get hooked! A uniter, not a divider, we embrace everyone. Working together, it's amazing what we can achieve!"

"Do One Nice Thing" (or D1NT for short) was designed to help people feel better by encouraging them to do at least one nice thing for someone to start the week out right. It's really a simple concept if you think about it. Replace the Monday doldrums with a Monday mission to do something completely selfless for someone else.

People who embrace the concept become "Nice-oholics" — people for whom doing nice things becomes a weekly habit. Some even D1NT more than once a week. Like their web site states:

"WARNING: DOING ONE NICE THING CAN BE HABIT-FORMING. PROCEED AT YOUR OWN RISK!"

Of course, D1NT isn't a new concept. It has been around for thousands of year. We've always been called to look out for others, even on Mondays when our energy and outlook can be at a low ebb.

Check the Scriptures. "Do to others as you would have them do to you." (Matt. 7:12) "Look not only to your own interests, but also the interests of others" (Phil. 2:3-4) The writer of Hebrews lays it out like this: "Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God" (Hebrews 13:16).

I invite you to join me next Monday in D1NT for someone. Who knows, it might be habit forming! It certainly is scriptural!