

Don Quixote was a man with romantic dreams of being a knight¹, but who basically failed at every turn. In his effort to be victorious over giants, he unsuccessfully battled windmills. Thus he had very great, but very unrealistic goals. He mistakenly fought against things that were not real – and that’s what I find myself doing on a regular basis.

My first memory of this was when I was in the seventh grade, and while I was mowing our front yard I was running scenarios of how I would tell off my history teacher, Mr. Tucker. I can’t remember what he had done to upset me - perhaps I was just rebelling against authority.

Many similar instances have occurred throughout my life, but in recent years I have realized that absolute uselessness of this activity and have worked to put a stop to it. I tell myself to “stop fighting windmills”, and this always helps for a while.

It seems to be somewhat of a natural defect that we have in our minds – to make up dramatic situations where we must protect ourselves, and we come out on top. But we can have a peace that passes all understanding² when we turn things over to God through Christ. When I find myself fighting made-up enemies in unreal situations, and I tell myself to stop, I should also reflect on the God that stands beside me to give me strength³ for the real struggles of life.

1. *Don Quixote*, by Miguel de Cervantes.
3. “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:7.
3. “The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.” Psalm 28:7, and “... the Lord stood at my side and gave me strength...” 2 Timothy 4:17a.