

The Communicator

First Christian Church, Russellville, KY August 2021



Pastor's Page

Greetings:

I read a story and I don't know if it's true but it sure is applicable for everyday life.

There was an old farmer who had an old mule. The mule fell into a deep dry well and began to bray. Hearing the mule, the farmer searched and found the mule and began to assess the situation. He thought it would be impossible to lift the mule out of the hole and being that the mule was very old and sick he decided to bury the mule. This way he could solve 2 problems: put the mule out of his misery and have his well filled. (What a terrible thing right)

As he began to shovel, the dirt fell on the back of the mule. Each time the farmer threw a shovel full of dirt on the mule's back the mule would **Shake It Off and Step Up** on the dirt. After many hours of the farmer and the mule doing their thing and both exhausted the mule stepped over the top of the well and walked away alive and well.

Isn't this a great way to approach life? **Shake It Off and Step Up!**

We *forget* what we should *remember*, and we *remember* what we should *forget* and hold on to it for weeks, months and sometimes years. It begins to eat away at us and steals our joy, happiness, and peace of mind. As time goes on, we become bitter, resentful, angry, and even want revenge. We allow our emotions to be thrown on our backs until the weight is too heavy to bear. It begins to destroy our relationships and most of all it destroys us.

Too often we nurse the hurt, we keep it alive by dwelling on it, we rehearse it by talking about it to others in hopes that they will feel sorry for us. Whatever it was a rude comment, a past mistake, being ignored, it really does not matter it will eventually destroy you. Really it ends up hurting you the most. The solution is to accept what happened and learn from it. Make the choice: **Shake It Off and Step Up!** **Let it go!!!** When you let it **Go**, you will feel like a huge burden is lifted and you will feel Free. Now you are no longer buried in the well, but you are on top of your problem. Now you are a stronger and better person.

That's Life!!! If we face our problems and respond in a positive way, we will even be a witness to the enemy that tries to bury us.

Remember: Forgiveness-Faith- Prayer-Praise-Worship all are excellent ways to **Shake It Off and Step Up!** out of the well in which we may find ourselves.

Pastor Bill