

MERCY
STRENGTH
HOPE
COMPASSION
GRACE
FORGIVENESS
FAITH

HOLD TO THE HIGH IDEAL —
AND FOLLOW THE CHRIST IN EVERYTHING —

Follow
Christ

Today I take as my standard the advice Jesus gave when one disciple questioned Him about another. Jesus answered: "What is that to you? Follow me!" How much unnecessary frustration and fruitless expenditures of time and energy can be avoided by heeding this simple truth!

Do I question the actions of others and criticize their motives? I hear the words of the Christ resounding in my soul: "What is that to you? Hold to your own high ideals and follow me." If I condemn some situation or circumstance as hopelessly unproductive, I cease giving out negative energy and remind myself that God is at work everywhere.

I know the truth of God's love and law of good. I am not pressured by nor anxious about events, for I trust my life to unfold in order and peace. Holding to high ideals, I keep to my own high road of following the Christ in everything.

"What is that to you? Follow me!" — John 21:22

ASSIGNED TO A LITTLE PLACE

"Master, where shall I work today?"
And my love flowed warm and free!
And He pointed out a tiny plot,
And He said, "Tend that for me."

But I answered quickly, "Oh no,
Not there — not anyone could see
No matter how well my task was done:
Not that — that LITTLE place for me."

COMPASSION EXERCISE

Honesty with one's self leads to compassion for others.

OBJECTIVE: To increase the amount of compassion in the world.

EXPECTED RESULTS: A personal sense of peace.

INSTRUCTIONS: This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.). It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person.

Step 1 With attention on the person, repeat to yourself:
"Just like me, this person is seeking some happiness for his/her life."

Step 2 With attention on the person, repeat to yourself:
"Just like me, this person is trying to avoid suffering in his/her life."

Step 3 With attention on the person, repeat to yourself:
"Just like me, this person has known sadness, loneliness and despair."

Step 4 With attention on the person, repeat to yourself:
"Just like me, this person is seeking to fulfill his/her needs."

Step 5 With attention on the person, repeat to yourself:
"Just like me, this person is learning about life."

UNAWARE, WE PASS "HIM" BY

On life's busy thoroughfares
We meet with "Angels" unawares —
But we are too busy to listen or hear,
Too busy to sense that God is near,
Too busy to stop and recognize
The grief that lies in another's eyes,
Too busy to offer to help or share,
Too busy to sympathize or care,
Too busy to do the "good things" we should,
Telling ourselves we would if we could . . .
But life is too swift and the pace is too great
And we dare not pause for we might be late
For our next appointment which means so much.
We are willing to brush off the Saviour's touch.
And we tell ourselves there will come a day
We will have more time to pause on our way . . .
But before we know it "Life's sun has set"
And we've passed the Saviour but never met.
For hurrying along Life's thoroughfare
We passed Him by and remained unaware
That within the "very sight of our eye,
Un-noticed, the Son of God passed by."

**You are His hands
You are His voice,
You are the one who
must make the choice**

And His voice when He spoke,
Was not stern, but kind.
But He answered me tenderly,
"Friend, search that heart of thine."

Are you working for YOU,
For them, or for ME?
Nazareth was just a little place,
And so was Calvary."