"HALF-FULL OR HALF-EMPTY"

INTRODUCTION It has been said that life is just what we believe it to be. If we see it as empty and unsatisfying and meaningless, then it becomes that to us, as far as we are concerned. On the other hand, if we look for joy and gladness, we shall find life beautiful and meaningful. How true it is that "we achieve according to what we believe".

It's a good thing to occasionally take inventory of ourselves. Certainly, most merchants take inventory at regular intervals, and when they do, they take inventory of their stock, not of the mercantiles they do not have. Have you ever heard of anyone taking inventory of his deficits? You probably haven't. But many of us do that -- not monthly or yearly, but every day of our life. We sum up our limitations. We deplore them, and yet give them our full attention, thus, establishing them in our consciousness as a reality. In this way, we are decreeing lack for ourselves, and it becomes a tremendous problem in our life. It has been said, "Thou shalt also decree a thing and it shall be established unto thee."

DEVELOPMENT Two little boys each had a nickel to spend. The eyes of one of the boys were shining with anticipation. He opened his hand to show the coin, and gloated, "I've got a whole nickel! I'm going to buy five all-day suckers". The other boy's lip protruded in a pout as he complained, "A nickel isn't enough to buy anything. I want a dime". Well, if each continues in his present attitude, which boy do you think will get the most from life? I'm sure that you will agree with me that the first boy's prospects are far brighter than those of the second boy.

A young mother was telling about a vacation trip that she and her husband and children had taken. They had gone high up in the mountains, where snow lay deep on the ground. It was the first time the youngsters had played in the snow, and they had had a wonderful time, building a snowman and pelting each other with snowballs. As their mother talked, the children chimed in happily with details of the trip. And the end of the story was most impressive.

"We all came back with colds" the mother said laughingly, "but we had fun!" Then the youngsters added, "I'll say we did!" In taking this attitude, the mother was giving her children a precious memory of a happy event, one that they would cherish perhaps as long as they lived. She could have put the emphasis on the colds, the children that they actually had for many weeks after that. And, a lot of other sickness could have followed. But, by so doing, the mother would have fixed in the children's minds the unpleasant aspects of the trip, and thus deprive them of all that wonderful pleasure. Instead, she minimized the discomfort of their experience and put the emphasis where it belonged -- on the positive side of the whole affair.

You may say, "But, these are just trifling matters. Looking on the bright side of life won't heal a sick body or pay the grocery bill. It won't make a poor man rich or buy him the car that he needs". Well, let's examine a few instances in the life of Jesus to see if this statement is true.

JESUS The Bible tells us that during His time on earth, Jesus healed a number of persons, among them, His friend Lazarus. When He was told that His friend was sick, Jesus said, "This sickness is not unto death, but for the glory of God, that the son of God may be glorified thereby". And then,
just before He called Lazarus from the tomb, He lifted up His eyes and said, "Father, I thank thee that thou hearest me, and I know that thou hearest me always. Lazarus, come forth!" And Lazarus came out of the tomb. Now, had Jesus fixed His attention on the body and the grave and the hopelessness of those around Him, He most certainly would not have worked the miracle of restoring life to His friend. Instead, He lifted up His eyes and His heart to the source of all life, and confidently proclaimed the availability of the Divine Power to meet His need. In every instance of healing, Jesus used the same technique. He saw the fullness of life, not the emptiness of death, not the hopelessness of illness. And, renewed life was established in those who were brought to Him.

When Jesus was confronted with the problem of feeding a multitude of some five thousand people, He wasted no time in bemoaning the fact that there just wasn't enough food at hand. Instead, He gave thanks for what He had, with childlike faith in the Divine resource, in the infinite ability to increase the supply. We're told that all the people ate and were filled, and there was much left over.

Looking on the bright side of life may not make a poor man rich in material possessions, but it will make him rich in happiness and peace of mind, and quite often this positive attitude will bring material wealth, too. Remember Jesus said, "Seek ye first God's kingdom and his righteousness, and all these things shall be added unto you". A person who looks on the bright side of things is fulfilling the requirement of the law - to some extent, at least.

**HALF-FULL / HALF-EMPTY** A farmer had two sons, Joe and Tom. When each son married, the father gave each 150 acres of land. The portions of land were good, but neither had a house on it. So, at the father's suggestion, Joe and Tom both mortgaged half their land to buy a house. Joe had scarcely moved into his new home, when he began bemoaning his ill fortune in having a mortgage hanging over half his farm. "Paying it off will take all the I can make", he complained. "I'll never get ahead." Seeing only long years of drudgery ahead, he began to neglect his crops, and as the years went by, his land yielded less and less. Tom, on the other hand, entered into his venture with enthusiasm. "I have seventy-five acres clear", he would say proudly, "and I'm sure lucky to have such a good start". Tom was up at dawn every morning, plowing, planting, weeding, making use of every resource at his command. While Joe still groaned under the weight of his mortgage, Tom was gradually paying his off, much to his brother's discomfort.

One day, Joe was complaining to his father, "I don't know how Tom does it. I work as hard as he does, but I don't seem to get anywhere. Everything Tom does turns out well, and all my efforts seem to end in failure". Without speaking, the father got up and went into the kitchen. In a moment, he returned with a glass containing some water. He set the glass down before Joe. "Take a good look at it, son" he said, "I want you to tell me what you see". Joe looked at it carefully and said, "Well, I see a half-empty glass". Just then, Tom came into the room and his father put the same question to him. Tom said, "Why, I see a glass half-full of water. Why do you ask?" The two men exchanged glances, and Tom hurriedly withdrew.

The father turned to Joe and pointed to the glass. "You see, Joe, there's your answer, and the source of your trouble. You saw the emptiness of the glass
and Tom saw the fullness. That's the way you've been looking at life - seeing your liabilities instead of your assets. You've been seeing failure ahead. Your thinking has brought you discouragement and lack of will to succeed. If, like Tom, you had kept your eyes on your assets, then they, rather than your liabilities, would have increased, because the law works both ways. Go home and think it over, Joe. It's never too late to make a fresh start.

Well, the ultimate outcome of this story is a good one. Joe thought all this over, the fact that he had been expecting failure and it had come to him. He came to realize his responsibility and a new challenge. Giving thanks for what he had, he worked with new zeal and hope. In a few years, Joe's land was yielding abundant crops, the mortgage was half-paid, and he was prospering.

CLOSING Half-full or half-empty. Which kind of person are you? Do you see the fly in the ointment, or are you too busy giving thanks for the ointment? Do you rant and rave about the scratch on your new car, working yourself into a lather of mental anguish over that one small mark, or do you see the beauty of the car, and fill your mind with happy anticipation of the trips that you will take in it? When you are disappointed, do you withdraw into your shell to pout and ponder the emptiness of life, or do you give yourself a mental pick-up by doing a kindness for someone else, perhaps helping him to overcome a deeper disappointment.

Yes, life for us is just what we believe it to be. We do achieve according to what we believe. If we see it as empty and unsatisfying, then it is just that, as far as we're concerned; on the other hand, if we look for joy and gladness, we shall find life meaningful and beautiful and wonderful. The promise is wrapped up in these words of Jesus, "Seek and ye shall find".

PRAYER Help us, Lord, to see the goodness, the kindness, the fullness of life. Help us to see the brightness of each day. As we affirm life, may our inner life be renewed. Help us to remember that we do achieve according to what we believe. In the name and spirit of Jesus, we pray. Amen
PARK AVENUE
UNITED METHODIST CHURCH
106 East 86th Street
New York, N.Y. 10028
AT 9-6997

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EIGHTH SUNDAY AFTER PENTECOST
July 21, 1985

ORDER OF WORSHIP
11 A.M.

ORGAN
"Folk Tune Sketches" Wood

CALL TO WORSHIP

HYMN NO. 41 "O How Glorious, Full of Wonder"

PRAYER OF CONFESSION (seated)

O God, our Father, who hast set forth the way of life for us in Thy beloved Son; we confess with shame our slowness to learn of Him, our reluctance to follow Him. Thou hast spoken and called and we have not given heed; Thy beauty hath shone forth, and we have been blind; Thou hast stretched out Thy hands to us through our fellows, and we have passed by. Forgive us our transgressions; help us to amend our ways and in Thine eternal goodness direct what we shall be, in the name and power of Thy Son, Jesus Christ, our Lord. Amen.

SILENT MEDITATION - WORDS OF ASSURANCE - LORD'S PRAYER

***

PSALTER
"The Glory of the Lord" No. 599

GLORIA PATRI No. 792

AFFIRMATION OF FAITH No. 740

***

SOLO
"Amazing Grace" Newton

SCRIPTURE Matthew 6: 19 - 34 Page 839

PASTORAL PRAYER

PARISH CONCERNS

SOLO
"At the River" Copeland

PRESENTATION OF THE OFFERING WITH THE DOXOLOGY

HYMN NO. 111 "Come, Let Us, Who In Christ Believe"

SERMON
"Half Full or Half Empty" Mr. Clarke

HYMN NO. 187 "Take My Life, And Let It Be"

BENEDICTION

ORGAN
"Old 113th" Near

*** Interval for Ushering

LAY READER

We welcome Anna Antos to the Lectern today. A native of New York, with a BA from the State University of New York at Purchase, Anna studied at Julliard and is presently studying drama and music; she also teaches piano and sometimes sings with our choir.

ALTAR FLOWERS

The flowers on the altar today are given in loving memory of Paul T. Kilborn by Paul and Mary Kilborn.

TODAY'S MUSIC

We welcome Paul F. Mueller to the organ console today in the absence of Lyndon Woodside. We also welcome Vera Allik as soloist for the service.

USHERS

The ushers today are James Padilla, Anthony Alvarez, Richmond Bates, Lucy Dinnes, Gary Kunishima, Ernest Nieratka, Yoshito Oda and John and Pat Tucker.

AN INVITATION

Punch and cookies will be served in the Russell Room following the service. Members and friends are invited to share in these moments of warmth made possible for us today by Karen and Robert Miller.

CHURCH SCHOOL AND NURSERY CARE

Sessions of Church School are offered every Sunday morning from eleven to twelve. Nursery care for infants and toddlers is available on the fourth floor.

THE AUGUST ISSUE

Contributions to the August issue of the monthly news sheet can be passed on to Lucy Dinnes or placed in the poor box downstairs in the Russell Room.
EIGHTH SUNDAY AFTER PENTECOST
July 21, 1985

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SILENT MEDITATION - WORDS OF ASSURANCE - LORD'S PRAYER

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FIFTH SUNDAY AFTER PENTECOST
June 30, 1985

ORDER OF WORSHIP
11 A. M.

ORGAN
"Von Gott Will Ich Nicht Lassen" Bach
"Prelude in G Major"

CALL TO WORSHIP
HYMN NO. 26 "Holy, Holy, Holy! Lord God Almighty"

PRAYER OF CONFESSION (seated)
Help us, O Lord, who claim to be Christians. Teach us our responsibilities to You and to others in this world. Save us from loving religion instead of You. Take fire and burn away our hypocrisy. Take water and wash away the blood that we cause to be shed. Take sunlight and dry the tears of those we have hurt. Take love and plant it in our hearts, that peace and joy may be made real for all people everywhere. For we ask these things in the name and spirit of Jesus Christ, our Lord. Amen.

SILENT MEDITATION - WORDS OF ASSURANCE - LORD'S PRAYER

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PSALTER
"Peace Be Within You" No. 596
GLORIA PATRIA
No. 792
AFFIRMATION OF FAITH
No. 740

***
SOLO
"Ich Will Dir Mein Herze Schenken" Bach

SCRIPTURE
Ruth 1: 1 - 18

PARASTRAL PRAYER

PARISH CONCERNS

PRESENTATION OF THE OFFERING WITH THE DOXOLOGY
HYMN NO. 63 "God Is Love; His Mercy Brightens"

SERMON "The Contagion of Attractive Religion"
HYMN NO. 165 "Lord, Dismiss Us With Thy Blessing"

BENEDICTION
ORGAN
"Fugue in G Major" Bach

***Interval for Ushering

LAY READER

We welcome Grace G. Natividad to the Lectern today. A native of the Philippines, Grace is a nurse at Mt. Sinai Hospital having come to the United States two years ago. Here in the Church she serves on the coffee hour and is a member of the Adult Fellowship.

ALTAR FLOWERS

The flowers on the altar today are given in memory of Joan Lubin Smucker by Dr. and Mrs. John Lombardo.

TODAY'S MUSIC

We welcome Mr. Paul F. Mueller to the organ console this morning in the absence of Lyndon Woodside. We also welcome Sharon Steinberg as soloist for the service.

USHERS

The ushers today are Helen Wilkinson, Lynn Anderson, George Crawford, Florence Long and Roxanne Snover.

AN INVITATION

Coffee and tea will be served in the Russell Room following the service. These moments are made possible by Marjorie Benton, Charles Wire, Karen Miller, Robert Miller, Kim Olivadoti and Lucy Dinnes.

CHURCH SCHOOL AND NURSERY CARE

Sessions of Church School for younger children are offered Sunday morning during the Summer months. Nursery care for infants and toddlers continues to be available.

THE JULY ISSUE

Pass your contributions on to Lucy Dinnes for the July issue of our monthly parish news sheet.
"HALF-FULL OR HALF-EMPTY"

INTRODUCTION It has been said that life is just what we believe it to be. If we see it as empty and unsatisfying and meaningless, then it becomes that to us, as far as we are concerned. On the other hand, if we look for joy and gladness, we shall find life beautiful and meaningful. How true it is that "we achieve according to what we believe".

It's a good thing to occasionally take inventory of ourselves. Certainly, most merchants take inventory at regular intervals, and when they do, they take inventory of their stock, not of the merchandies they do not have. Have you ever heard of anyone taking inventory of his deficits? You probably haven't. But many of us do that -- not monthly or yearly, but every day of our life. We sum up our limitations. We deplore them, and yet give them our full attention, thus, establishing them in our consciousness as a reality. In this way, we are decreeing lack for ourself, and it becomes a tremendous problem in our life. It has been said, "Thou shalt also decree a thing and it shall be established unto thee."

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A young mother was telling about a vacation trip that she and her husband and children had taken. They had gone high up in the mountains, where snow lay deep on the ground. It was the first time the youngsters had played in the snow, and they had had a wonderful time, building a snowman and pelting each other with snowballs. As their mother talked, the children chimed in happily with details of the trip. And the end of the story was most impressive.

"We all came back with colds" the mother said laughingly, "but we had fun!" Then the youngsters added, "I'll say we did!" In taking this attitude, the mother was giving her children a precious memory of a happy event, one that they would cherish perhaps as long as they lived. She could have put the emphasis on the colds, the colds that they actually had for many weeks after that. And, a lot of other sickness could have followed. But, by so doing, the mother would have fixed in the children's minds the unpleasant aspects of the trip, and thus deprive them of all that wonderful pleasure. Instead, she minimized the discomfort of their experience and put the emphasis where it belonged -- on the positive side of the whole affair.

You may say, "But, these are just trifling matters. Looking on the bright side of life won't heal a sick body or pay the grocery bill. It won't make a poor man rich or buy him the car that he needs". Well, let's examine a few instances in the life of Jesus to see if this statement is true.

JESUS The Bible tells us that during His time on earth, Jesus healed a number of persons, among them, His friend Lazarus. When He was told that His friend was sick, Jesus said, "This sickness is not unto death, but for the glory of God, that the son of God may be glorified thereby". And then,
just before He called Lazarus from the tomb, He lifted up His eyes and said, "Father, I thank thee that thou hearest me, and I know that thou hearest me always. Lazarus, come forth!" And Lazarus came out of the tomb. Now, had Jesus fixed His attention on the body and the grave and the hopelessness of those around Him, He most certainly would not have worked the miracle of restoring life to His friend. Instead, He lifted up His eyes and His heart to the source of all life, and confidently proclaimed the availability of the Divine Power to meet His need. In every instance of healing, Jesus used the same technique. He saw the fullness of life, not the emptiness of death, not the hopelessness of illness. And, renewed life was established in those who were brought to Him.

When Jesus was confronted with the problem of feeding a multitude of some five thousand people, He wasted no time in bemoaning the fact that there just wasn't enough food at hand. Instead, He gave thanks for what He had, with childlike faith in the Divine resource, in the infinite ability to increase the supply. We're told that all the people ate and were filled, and there was much left over.

Looking on the bright side of life may not make a poor man rich in material possessions, but it will make him rich in happiness and peace of mind, and quite often this positive attitude will bring material wealth, too. Remember Jesus said, "Seek ye first God's kingdom and his righteousness, and all these things shall be added unto you". A person who looks on the bright side of things is fulfilling the requirement of the law - to some extent, at least.

**HALF-FULL / HALF-EMPTY**

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One day, Joe was complaining to his father, "I don't know how Tom does it. I work as hard as he does, but I don't seem to get anywhere. Everything Tom does turns out well, and all my efforts seem to end in failure". Without speaking, the father got up and went into the kitchen. In a moment, he returned with a glass containing some water. He set the glass down before Joe. "Take a good look at it, son" he said. "I want you to tell me what you see". Joe looked at it carefully and said, "Well, I see a half-empty glass". Just then, Tom came into the room and his father put the same question to him. Tom said, "Why, I see a glass half-full of water. Why do you ask?" The two men exchanged glances, and Tom hurriedly withdrew.

The father turned to Joe and pointed to the glass. "You see, Joe, there's your answer, and the source of your trouble. You saw the emptiness of the glass
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Well, the ultimate outcome of this story is a good one. Joe thought all this over, the fact that he had been expecting failure and it had come to him. He came to realize his responsibility and a new challenge. Giving thanks for what he had, he worked with new zeal and hope. In a few years, Joe's land was yielding abundant crops, the mortgage was half-paid, and he was prospering.

CLOSING    Half-full or half-empty. Which kind of person are you? Do you see the fly in the ointment, or are you too busy giving thanks for the ointment? Do you rant and rave about the scratch on your new car, working yourself into a lather of mental anguish over that one small mark, or do you see the beauty of the car, and fill your mind with happy anticipation of the trips that you will take in it? When you are disappointed, do you withdraw into your shell to pout and ponder the emptiness of life, or do you give yourself a mental pick-up by doing a kindness for someone else, perhaps helping him to overcome a deeper disappointment.

Yes, life for us is just what we believe it to be. We do achieve according to what we believe. If we see it as empty and unsatisfying, then it is just that, as far as we're concerned; on the other hand, if we look for joy and gladness, we shall find life meaningful and beautiful and wonderful. The promise is wrapped up in these words of Jesus, "Seek and ye shall find".

PRAYER    Help us, Lord, to see the goodness, the kindness, the fullness of life. Help us to see the brightness of each day. As we affirm life, may our inner life be renewed. Help us to remember that we do achieve according to what we believe. In the name and spirit of Jesus, we pray. Amen
"HALF-FULL OR HALF-EMPTY"

INTRODUCTION It has been said that life is just what we believe it to be. If we see it as empty and unsatisfying and meaningless, then it becomes that to us, as far as we are concerned. On the other hand, if we look for joy and gladness, we shall find life beautiful and meaningful. How true it is that "we achieve according to what we believe".

It's a good thing to occasionally take inventory of ourselves. Certainly, most merchants take inventory at regular intervals, and when they do, they take inventory of their stock, not of the merchandies they do not have. Have you ever heard of anyone taking inventory of his deficits? You probably haven't. But many of us do that -- not monthly or yearly, but every day of our life. We sum up our limitations, we deplore them, and yet give them our full attention, thus, establishing them in our consciousness as a reality. In this way, we are decreeing lack for ourself, and it becomes a tremendous problem in our life. It has been said, "Thou shalt also decree a thing and it shall be established unto thee."

DEVELOPMENT Two little boys each had a nickel to spend. The eyes of one of the boys were shining with anticipation. He opened his hand to show the coin, and gloated, "I've got a whole nickel! I'm going to buy five all-day suckers". The other boy's lip protruded in a pout as he complained, "A nickel isn't enough to buy anything. I want a dime". Well, if each continues in his present attitude, which boy do you think will get the most from life? I'm sure that you will agree with me that the first boy's prospects are far brighter than those of the second boy.

A young mother was telling about a vacation trip that she and her husband and children had taken. They had gone high up in the mountains, where snow lay deep on the ground. It was the first time the youngsters had played in the snow, and they had had a wonderful time, building a snowman and pelting each other with snowballs. As their mother talked, the children chimed in happily with details of the trip. And the end of the story was most impressive. "We all came back with colds" the mother said laughingly, "but we had fun!" Then the youngsters added, "I'll say we did!" In taking this attitude, the mother was giving her children a precious memory of a happy event, one that they would cherish perhaps as long as they lived. She could have put the emphasis on the colds, the chills that they actually had for many weeks after that. And, a lot of other sickness could have followed. But, by so doing, the mother would have fixed in the children's minds the unpleasant aspects of the trip, and thus deprive them of all that wonderful pleasure. Instead, she minimized the discomfort of their experience and put the emphasis where it belonged -- on the positive side of the whole affair.

You may say, "But, these are just trifling matters. Looking on the bright side of life won't heal a sick body or pay the grocery bill. It won't make a poor man rich or buy him the car that he needs". Well, let's examine a few instances in the life of Jesus to see if this statement is true.

JESUS The Bible tells us that during His time on earth, Jesus healed a number of persons, among them, His friend Lazarus. When He was told that His friend was sick, Jesus said, "This sickness is not unto death, but for the glory of God, that the son of God may be glorified thereby". And then,
just before He called Lazarus from the tomb, He lifted up His eyes and said, "Father, I thank thee that thou hearest me, and I know that thou hearest me always. Lazarus, come forth!" And Lazarus came out of the tomb. Now, had Jesus fixed His attention on the body and the grave and the hopelessness of those around Him, He most certainly would not have worked the miracle of restoring life to His friend. Instead, He lifted up His eyes and His heart to the source of all life, and confidently proclaimed the availability of the Divine Power to meet His need. In every instance of healing, Jesus used the same technique. He saw the fullness of life, not the emptiness of death, not the hopelessness of illness. And, renewed life was established in those who were brought to Him.

When Jesus was confronted with the problem of feeding a multitude of some five thousand people, He wasted no time in bemoaning the fact that there just wasn't enough food at hand. Instead, He gave thanks for what He had, with childlike faith in the Divine resource, in the infinite ability to increase the supply. We're told that all the people ate and were filled, and there was much left over.

Looking on the bright side of life may not make a poor man rich in material possessions, but it will make him rich in happiness and peace of mind, and quite often this positive attitude will bring material wealth, too. Remember Jesus said, "Seek ye first God's kingdom and his righteousness, and all these things shall be added unto you". A person who looks on the bright side of things is fulfilling the requirement of the law - to some extent, at least.

HALF-FULL / HALF-EMPTY

A farmer had two sons, Joe and Tom. When each son married, the father gave each 150 acres of land. The portions of land were good, but neither had a house on it. So, at the father's suggestion, Joe and Tom both mortgaged half their land to buy a house. Joe had scarcely moved into his new home, when he began bemoaning his ill fortune in having a mortgage hanging over half his farm. "Paying it off will take all the I can make", he complained. "I'll never get ahead." Seeing only long years of drudgery ahead, he began to neglect his crops, and as the years went by, his land yielded less and less. Tom, on the other hand, entered into his venture with enthusiasm. "I have seventy-five acres clear", he would say proudly, "and I'm sure lucky to have such a good start". Tom was up at dawn every morning, plowing, planting, weeding, making use of every resource at his command. While Joe still groaned under the weight of his mortgage, Tom was gradually paying his off, much to his brother's discomfort.

One day, Joe was complaining to his father, "I don't know how Tom does it. I work as hard as he does, but I don't seem to get anywhere. Everything Tom does turns out well, and all my efforts seem to end in failure". Without speaking, the father got up and went into the kitchen. In a moment, he returned with a glass containing some water. He set the glass down before Joe. "Take a good look at it, son" he said. "I want you to tell me what you see". Joe looked at it carefully and said, "Well, I see a half-empty glass". Just then, Tom came into the room and his father put the same question to him. Tom said, "Why, I see a glass half-full of water. Why do you ask?" The two men exchanged glances, and Tom hurriedly withdrew.

The father turned to Joe and pointed to the glass. "You see, Joe, there's your answer, and the source of your trouble. You saw the emptiness of the glass
and Tom saw the fullness. That's the way you've been looking at life - seeing your liabilities instead of your assets. You've been seeing failure ahead. Your thinking has brought you discouragement and lack of will to succeed. If, like Tom, you had kept your eyes on your assets, then they, rather than your liabilities, would have increased, because the law works both ways. Go home and think it over, Joe. It's never too late to make a fresh start.

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**CLOSING**

Half-full or half-empty. Which kind of person are you? Do you see the fly in the ointment, or are you too busy giving thanks for the ointment? Do you rant and rave about the scratch on your new car, working yourself into a lather of mental anguish over that one small mark, or do you see the beauty of the car, and fill your mind with happy anticipation of the trips that you will take in it? When you are disappointed, do you withdraw into your shell to pout and ponder the emptiness of life, or do you give yourself a mental pick-up by doing a kindness for someone else, perhaps helping him to overcome a deeper disappointment.

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**PRAYER**

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