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Don't Sweat The Small Stuff

"Discernment is not knowing the difference between right and wrong. It is knowing the difference between right and almost right." – Charles H. Spurgeon

Here are some simple ways to keep the little things from taking over your life:

1. Will this matter a year from now? Is what you are all worked up over going to matter a year from now? If not, don't let it trash you today.
2. The less compelled you are to try and prove yourself to others; the easier it is to feel peace inside.
3. Remember that you become what you practice the most. How do you spend your time?
4. Every day, tell at least one person something you like, admire, or appreciate about them. Telling others that you appreciate them takes almost no effort, but pays enormous dividends.
5. Choose your battles wisely. Every circumstance or problem is not worth the fight.
6. When you look at life as a journeying you will begin to see each issue as an opportunity to grow.
7. The purpose of life isn't necessarily to get it all done, but to do the right things.
8. Learn to live in the present moment. Life is what's happening while we're busy making other plans.
9. Think of what you have instead of what you want. The Apostle Paul taught contentment in all situations.
10. Understand the statement, "Wherever you go, there you are." We tend to believe that if we were somewhere else, we'd be happy. "Whatever you are, that's what you'll be wherever you go."

11. Become a better listener. Most of us are only adequate listeners, but the best gift you can give someone is to listen.
12. Remember, one hundred years from now, all new people. Remembering this can help us keep perspective during times of stress.
13. Be grateful when you're feeling good and graceful when you're feeling bad. Good and bad come and go. No one is neither happy nor sad all the time.
14. Resist the urge to criticize. When we judge or criticize someone, it says nothing about that person; it merely says something about us!
15. See the innocence. One of the most frustrating aspects of life is not being able to understand other people's behavior. Try to see others as not trying to hurt you, if do this you can relax.



Blessings Pastor Bob Hill
