

3-2-16 Help yourself

After disappointment, rejection or failure it may be time to consider the value of our current relationships. Part of moving forward is praying for the wisdom to determine which people in our life are deserving of our trust, time and energy.

We ask, “Who influences our life in positive ways, in spiritually healthy ways,” as well as, “who impacts us in negative ways?”

Letting go of unhealthy relationships involves prayer and courage; finding and re-focusing on people with whom we have life-giving, positive relationships is like hearing the airline attendant say – “put on your oxygen mask first before helping others.”

Just a thought. I’m Sid Batts from First Presbyterian Church in downtown Greensboro, on Elm Street overlooking Fisher Park, fpcgreensboro.org.