

From the Heart

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Is the glass half empty or half full?

How we look at something can make a decided difference in our lives and in the lives of those around us. Studies show that optimistic people get more things done. Doctors have found that people with a positive outlook get well faster. Optimistic people tend to be happier people, because they focus more on the positive rather than the negative and look at possibilities more than predicaments.

One of my favorite stories is of two young men who were each confined for one hour to a room that was half filled with manure. At the end of the hour the first young man was really depressed at his situation and had been in misery the whole time that he was in the room. When they checked on the second young man, they found him happy and singing, and still shoveling manure with his hands. The difference? The first was caught up in his situation. The second figured that with all the manure, there had to be a pony in there somewhere, and he was going to find it.

The truth is that there will be some days when we find ourselves waste high in it. We cannot change all that happens around us. We cannot change the fact that people will act in a certain way. We can, however, change the way we respond to what happens.

To quote Chuck Swindoll, “I am convinced that life is 10% what happens to me and 90% how I react to it.” Each day and in each situation, we have a choice we can make. We can choose to try to look for the pony or we can be miserable in our situation. We can choose to look at our cups as being half full or to see them as half empty.

Thanks be to God that our Christian faith gives us a center core of faith and optimism to embrace the positive in the midst of life’s situations. All we have to do is claim it. Jesus said, “In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33b) Trouble will come, but because of Christ it will not overcome.