



Things to Ponder

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Give to Someone Else

By Judi Moreo

We are living in the "me" generation. "I'll help you if I get something out of it. You scratch my back and then I'll scratch yours." Many people today are living for themselves. They don't want to help other people. They focus on their own wants, needs, and expectations. When they are in trouble or they need assistance, they wonder why they can't find anyone to help.

If you truly want to be happy and fulfilled, learn to give as well as take. When you find yourself getting discouraged or depressed, it's usually when you are all caught up in yourself. When you go out and help someone else, you'll get your mind off your own problems. When you make a difference in someone else's life, it will make a difference in yours.

When I hear people say how lonely they are, I want to shake them and say, "There are a lot of people out there who could use your company. Quit feeling sorry for yourself. Get off your rear and go see if you can cheer them up." There are hundreds of people in retirement centers, convalescent homes, hospitals, and orphanages who would like a visitor. You probably have a friend or know someone somewhere who has a need for someone to listen to her right now. There are neighbors who need their lawns mowed or shut-ins who could use some food. There are people who have lost loved ones and would appreciate someone holding their hands.

If the only thing you have to give is a smile, give that to someone. There are so many people out there who could use a smile, a hug, or even a kind word.

Give without expecting to receive a reward. Give from your heart and what you receive will be satisfaction and peace of mind. If you have not seen the movie, Pay It Forward, rent it and watch it. The message of doing for another, who then will do for someone else, is powerful.

Make your life make a difference. Dr. Martin Luther King said, "Greatness is determined by service." We all have greatness within us.

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