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PRESENTS

My Personal Notes . . .

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Ed Smithson, Editor

ONE SECRET TO A SUCCESSFUL LIFE

“DON’T SWEAT THE SMALL STUFF”

It is a difficult lesson to learn and some folks never learn it.

We have all been subject to things in our lives that we do not like. The other day I called the electric supplier to conduct a piece of business. I only made the call after going onto the web site, which they suggest you do, only to be told to call a number. Without going through it all again, I was on the phone for a good 15 to 20 minutes, and still did not accomplish what I wanted to do in the first place.

So, I said to myself, “Tomorrow is another day and I will eventually get it done.” Now that is not how I used to react to such things. Sooner or later we must learn there are things we can do little about and learn to accept the situation as it is without a lot of anxiety.

Looking back it seems we spend a lot of time dealing with things that eventually do not mean that much.

One of the first places I preached a member of the congregation came to me within the first month. He had a problem with one of the other members and they were not speaking. I asked if he had been to his “misbehaving” brother and reminded him of Matthew 18:15, “[And if thy brother sin against thee, go, show him his fault between thee and him alone: if he hear thee, thou hast gained thy brother.](#)” He had not talked to his brother and had stewed over this for several years.

There isn't a person alive that has not been snubbed by another at some time. However, the attitude of the apostle Paul is appropriate here, "but one thing I do, forgetting the things which are behind, and stretching forward to the things which are before." (Philippians 3:13)

A young preacher was just starting out with his first local work. Someone took a dislike to him and started talking behind the preacher's back. Well, as you can imagine, the preacher was quite upset. He had the good sense to consult one of the elders for advice. The elder told him, "If you start trying to run down everything someone says about you, you will spend most of your time doing that and still won't find the answer most of the time." The young preacher thought the advice was strange but he decided to follow the advice. For the rest of his life he followed the advice and decided the elder knew what he was talking about.

In all the years I have dealt with people I have come to realize that most of the things people get upset over are "small things." Generally speaking a lot of time, effort and energy could be saved if we just learned "not to sweat the small stuff." Unless it has to do with life and death or eternity, most of the time it won't matter that much in a few days.

A handwritten signature in black ink that reads "Ed Amuthson". The signature is written in a cursive style with a long, sweeping underline.

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