

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

September 30, 2014

Issue No. 164 Mark Aites, Editor

Self-Pity

"Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world." – Helen Keller

"In life, you can blame a lot of people and you can wallow in self-pity, or you can pick yourself up and say, 'Listen, I have to be responsible for myself.'" – Howard Schultz

"I tell people to monitor their self-pity. Self-pity is very unattractive." – Patty Duke

"Self-pity is the most destructive of all narcotics." – Sebastian Horsley

"You do well, if you don't mire in self-pity. Self-pity only gets you more of the same. Don't waste time on it." – Robin Hobb, *Fool's Assassin*

We are referring to "a feeling of pity for yourself because you believe you have suffered more than is fair or reasonable." (Mirriam-Webster)

At times, we indeed may find ourselves holding the opinion that we have it worse than anyone that we know. Life has dealt to us an unfair hand, and to we wallow in our self-pity which only serves to make us feel more miserable.

If only you could walk into a Children's Hospital and see the children and the plight that they face, and note that in suffering, many of them still have smiles on their faces.

Often in life we tend to focus on those who are very well-off with money and possessions. We tend to look at them and think that they are the epitome of happiness. And then we scratch our heads wondering why the suicide rate among the rich is so high?

The masses gather at the convenience stores standing in line for those precious lottery tickets. "If only" becomes their motto, not realizing that even with a win, the joy will be short-lived.

The view of self-pity is a very narrow one. It is isolated to this world without any thought of what is yet to come.

We sing the song: "This world is not my home, I'm just a passin' thru." Apparently we are oblivious to what we are singing.

What did Paul write? "Set your mind on things above, not on things on the earth" (Col. 3:2). It was Peter who made reference to being "sojourners and pilgrims" (1 Pet. 2:11). Our desire is not to live in this world, but to prepare ourselves for that which is to come. If we would adjust our focus, we may well find that the desire to wallow in self-pity is no longer there. Something better awaits you if you are faithful to the will of God!