

Oh I Quit!

We learn early in life how not to be quitters. Our parents encouraged us not to give up on the things that we started. I remember taking piano lessons when I was a kid. I didn't much like it, so after weeks of complaining and not practicing, mom finally gave in and let me quit. Now, I think it would be nice to be able to sit down at a piano and play a tune, but I can't, because I chose to quit.

Even though learning to play piano was easy to give up, there are things in life which are not so easy to give up. Take bad habits or bad behavior for instance. No matter how hard we try, we just can't seem to give up those things which seem to give us so much grief or trouble. But the bible encourages us to do just that, here's a sample:

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| * Give up complaining . . . | Focus on gratitude. |
| * Give up harsh judgments . . . | Think kind thoughts. |
| * Give up worry . . . | Trust divine providence. |
| * Give up discouragement . . . | Be full of hope. |
| * Give up bitterness . . . | Turn to forgiveness. |
| * Give up hatred . . . | Return good for evil. |
| * Give up anger . . . | Practice patience. |
| * Give up pettiness . . . | Put on maturity. |
| * Give up gloom. . . | Enjoy the beauty that is around you. |
| * Give up jealousy . . . | Pray for trust. |
| * Give up gossiping . . . | Control your tongue. |
| * Give up sin. . . . | Turn to virtue. |

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Philippians 4:8

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