



## The Sponge

How do we know if we are full of goodness, or hate, or kindness, or anger, or sympathy, or selfishness, or any other number of character traits?

The answer can be found through the example of a water saturated sponge. If we push down with our finger even slightly, water runs out onto the table. We immediately know what fills the interior pockets of the sponge.

The same is true of ourselves. We can tell what fills us on the inside by what comes out under pressure. The next logical question is how do we make sure that what fills us is good rather than bad? Again, the answer can be found in the sponge. When put under pressure, the sponge releases what has been put into it. If someone took time to fill the sponge with water, water will come out. If someone filled it with coffee, coffee would come out.

Once again, the same is true of us. In times of pressure, what comes out is whatever we have taken the time to put in. Put thoughts of kindness, courage, sympathy, and goodness in your mind and that is what will come out when you face pressure. Put thoughts of anger, revenge, bitterness, and selfishness in your mind then that is what will come out.

Who we are is a result of what we choose to put into our minds on a daily basis.

### **Moral**

Guard what goes into your mind because that will determine your thoughts. Your thoughts become your actions. Your actions become habits and you are a product of your habits.

### **Questions**

- 1. Are you careful with the things you read, or watch, or the conversations you have?**
- 2. Why is it so much easier to be negative rather than positive?**
- 3. If you were put under pressure today, would good things come out or negative things?**