

familiar friday - do it NOW!
(a repeat daily)

"and whoever gives one of these little ones only a cup of cold water in the name of a disciple, assuredly, I say to you, he shall by no means lose his reward." matt 10:42

what am i to do? i expect to pass through this world but once. any good work, therefore, any kindness, or any service i can render to any soul of man or animal let me do it now. let me not neglect or defer it, for i shall not pass this way again. - an old quaker saying

it isn't the thing you do, dear,
it's the thing you leave undone,
which gives you the bitter heartache
at the setting of the sun;

the tender word unspoken,
the letter you did not write,
the flower you might have sent, dear,
are your haunting ghosts at night.

the stone you might have lifted
out of your brother's way,
the bit of heartsome counsel
you were hurried too much to say;

the loving touch of the hand, dear,
the gentle and winsome tone,
that you had no time or thought for,
with troubles enough of your own.

these little acts of kindness,
so easily out of mind,
these chances to be angels,
which even mortals find

they come in night and silence,
each chill reproachful wraith,
when hope is faint and flagging,
and a blight has dropped on faith.

for life is all too short, dear.
and sorrow is all too great,
to suffer our slow compassion
that tarries until too late.

and it's not the thing you do, dear,
it's the thing you leave undone,
which gives you the bitter heartache,
at the setting of the sun.

– adelaide proctor

give what you have; to someone it may be better than
you dare to think. – longfellow

none of us knows the burdens our fellow carry and even
if we did , would they weigh the more on us?

Jesus told us how the religious leaders of His day
would seek to burden others. "for they bind heavy
burdens, hard to bear, and lay them on men's shoulders;
but they themselves will not move them with one of
their fingers." matt 23:4 now, in this present day, we
are burdened by leaders and government, jobs, bills and

health, by life and sin. the stress can easily overwhelm one.

then we have Jesus saying, "take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. for My yoke is easy and My burden is light." matt 11:29-30 He would not add just another burden to your load. you see, when we take up His yoke, He becomes the burden carrier.