

Reflection



As I am still reading about anxiety and faith, I pondered this old Indian parable that I heard long ago.

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

You may wonder what this has to do with anxiety and faith. I think the "feeding" is really about shifting our attitude towards gratitude. When I am truly practicing gratitude, it is hard to harbor feelings of regret, arrogance, resentment etc. Gratitude lends itself to kindness, humility, generosity, compassion, and FAITH. The battle of the wolves (for me) is about consistently checking my attitude and my motives. As long as I recognize all the things, and more importantly people, I have to be grateful for, my faith grows, and anxiety lessens. And many of these people are part of this church community!

Blessings,

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