

## **“THINKABOUTIT” THOUGHT FOR THE DAY**

**Monday; January 14, 2008**

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Have you ever had someone ask you to do something, then – after ample time for its completion – come back and ask about the progress? If the project is completed, we can confidently declare our competency; but, what happens when we don't complete the task and are taken to task by the other person.

One of the more common responses when we find ourselves in this position is to become irritated and bark something like, “All right, all right, I'll get it done.”. When we lash out, is it because we are angry at them for holding us accountable or are we embarrassed that we haven't completed what we knew should have done? Interestingly enough, by understanding our emotion, we can show better control and answer in a more appropriate way.

In any area of life, self-reflection is important because it gives us an honest evaluation of where we are, thus allowing us a better chance to do the right thing. Simply put, before we address others, let's assess ourselves.

Think about it! For the Madison Avenue Church of Christ; this is Charlie Wharton.