

## WHAT'S IN YOUR BACKPACK?

There are many ways to look at the backpack each of us carries up the mountain of our lives. For all of us it is empty when we start. But as we progress, we find we need supplies to sustain us and energize us. The supplies for each of us are different and the ways we gather them vary widely.

Some take what they need whenever they can and from wherever or whomever they can—believing they have a right to it. They see their needs and their goals as superior to all else. And if they see others along the way that are in need of what they have, they never consider sharing because there may be a cost. Often these types of supplies are gathered in anger and frustration. This makes them very heavy, exhausting a climber as they slow down the progress of the climb.

Then there are those who ask for what they need and gladly accept whatever is offered. They are appreciative and extend the deep gratitude in their hearts. They are also willing to share what they have with any who are in need as they climb up the mountain. Their load is light. Their journey is easier.

When they reach the top, they can appreciate the view because of the joy in their heart.