



ENJOY YOUR HOT CHOCOLATE!

Prof.Dr.Abraham B. Meleth

Gideons International in India, Kerala State Association (Non Profit Organization), P.B.No.5, Kolenchery, Ernakulum, Kerala.

Once at the reunion of class mates, they had time to reminisce on old times and the impact of their professor's instruction on their lives. As the discussion progressed, the conversation eventually turned to complaints about stress in their work and lives. Each one spoke at length about how stressful his/her life was, essentially because of the demands of their various pursuits.

The professor who was present listened with rapt attention. After a while, he went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups - porcelain, glass, crystal, some plain looking, some expensive, some exquisite. He told his guests to help themselves to the hot chocolate. He watched them as each one reached for a cup. In no time, the ornamented expensive cups had all been taken up while no one bothered to take any of the plain looking ones.

When They All Had A Cup Of Hot Chocolate In Hand, The Professor Said:

“Notice that all the nice-looking, expensive cups were taken, leaving behind the plain and cheap ones. In life, it is normal to want only the best for ourselves; however, that is the source of our problems and stress. Our focus and pursuit are usually on the external things while we ignore the very essentials of life.

The cup that you are drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what we drink. The content of the cups has remained the same regardless of the container in which it was put.

What all of you really wanted was hot chocolate, not the cup; but you consciously went for the best cups. And then you began eyeing each other's cups.

Life is the hot chocolate. It consists of your purpose of existence and the vision that drives its fulfillment. Your job, money and position and every other resource society offers you are the cups. They are nothing but tools to hold and contain life. No matter how beautiful or plain it looks, the cup you have does not define or change the quality of life you have.”

A good life can never be measured merely by material possessions. Exotic cars, fine houses, a sophisticated wardrobe, holidays in the most exotic resorts are all good and desirable things and I do not grudge those who have them. But to assume that those things in themselves evidence a fulfilling life is to live in self-delusion. The purpose of life is a life of purpose. I have met so many rich but miserable and lonely people in my life that I am more than convinced that the happiest people in the world are not those who have the best of everything but those who have learnt to make the best of everything they have. It is more about resourcefulness than resources.

When I see leaders harass the people they were “elected” to serve with such obscene ‘affluenza’ as one so readily sees in our daily realities especially in the developing world, I feel pity for such leaders because of the length they have to go to sustain the frustrating charade.

Contentment is not the same as containment. Contentment is all about enjoying where you are on the way to where you are going. When you concentrate on the cup, you can never enjoy the hot chocolate that God has provided for you.

Every so often, we look for fulfillment in the things we have that help us measure ourselves with the Joneses. This is the source of most human frustration and pain. The real tragedy of it is that the Joneses are too preoccupied with their own mundane life pursuits that they don't even have time to notice us!

Appreciate where you are now because some people never made it this far. Your present source of frustration may be another's highest level of aspiration. Do not allow your life to lose its thrill because you are so preoccupied with what someone else has and how you can acquire the same that you totally lose sight of your ‘hot chocolate’. Changing the container has never changed the content.



You were created for distinction, not competition. Competitive jealousy has never been known to sustainably enhance the quality of anyone's life. The winner of the rat race still remains a rat by the time the race is over. You have been given one life to live. Quit trying to impress people by the kinds of cup you are drinking from. Leave others with the comparison game. The container is not a substitute for its content.

As for you, before it gets cold, enjoy your hot chocolate! (1)

"Lots of people limit their possibilities by giving up easily.
Never tell yourself this is too much for me. It's no use.
I can't go on. If you do you're licked, and by your own
thinking too. Keep believing and keep on keeping on."

Norman Vincent Peale (2)

A man may fall or fail several times but he cannot be regarded as a failure until he says that someone pushed him"

So you failed? Congratulations! Failure is neither fatal nor final. It is just an isolated event that does not tell the whole story. It is not the destination. It is just a milepost that indicates that you are still traveling.

Failure is an essential part of progress. It opens your eyes to the things you are yet to conquer on your way to a desired destination. More often than not, failure alerts you to the current limits of your competence or strategy - or both. If you hear the stories of people you consider successful, they will be honest enough to tell you that they had recorded more failures than successes!

Losers sustain an undying romance with failure. Winners learn the lessons in it and move on. Chaos or crisis is nothing but an opportunity in disguise. In fact, the Chinese spell them the same way. Great successes are known to have been preceded by great failures.

There can be no order unless there is first chaos. There is no need for light unless there is darkness. If in doubt, check the biblical account of creation in Genesis 1.-(3)

Champions look at chaos from the spectacles of what can be rather than what is. The real failure is not the one who did not succeed at trying. He is the one who refuses to try again because he failed.

Whenever you put on the spectacles of your failures, you get a jaundiced perspective of the future. So look above and look ahead, if you must move ahead. Hear Apostle Paul in Philippians 3:13b ...But one thing I do: Forgetting what is behind and straining toward what is ahead, NIV-4

One more word. No romance with failure ever produced a child named "Success"

Your reputation is what you are known for. Your character is who you really are. The challenge of integrity is to find a merger between the two. If your character and your reputation were to meet each other in a dark alley, would they recognize themselves as belonging to the same person?

An aging king was worried at the realization that in the event of his death, there would be no male in the royal family to take his place. He was the last male in the royal family in a culture where only a male child could be heir. Sensing that he didn't have much time left, he decided that if he could not give birth to a male child, he would adopt a male child who then could take his place. Such a son had to be extraordinary in every sense of the word.

So he launched a competition in his kingdom, open to all boys, irrespective of their background. Ten boys made it to the final stage. All ten of them had impeccable intelligence, physical attributes and capabilities that could easily qualify them for royal function.

The king said to them, "I have one last test. This kingdom depends solely on agriculture. The king must therefore know how to cultivate plants. Here is a seed of corn for each of you. Take it home, plant and nurture it for three weeks. At the end of three weeks, whoever has done the best job of cultivating the seed will become my adopted son and heir to my throne."

The boys took their seeds and left. As soon as they got home, each of them got a flower pot and planted the seed. There was much excitement in the kingdom as the people waited anxiously to see who was destined to be their next king.

In one home, the boy and his parents were almost heartbroken when after days of intense nurturing, the seed failed to grow. They had no idea what had gone wrong. He had selected the soil carefully, applied the right quantity and type of fertilizer,



very dutifully watered it at the right intervals and had even prayed over it day and night. Yet his seed had turned out to be unproductive.

Some of his friends advised him to go and buy a seed from the market and plant that.

"After all," they said, "how can anyone tell one seed of corn from another?" But his parents had always taught him the value of integrity. They reminded him that if the king wanted them to plant just any corn, he would have asked them to get their own seed.

"To plant anything different from what the king gave you would be dishonesty. Maybe you are not destined for the throne. If you are, you will get there and if not, fine, but you must never be found to have deceived the king," they told him.

On the appointed day, all ten boys returned to the palace with nine of them proudly exhibiting a very fine corn seedling each. It was obvious that the other nine boys had had great success with their seeds.

As the king made his way down the line of eager boys, he asked each of them,

"Is this what came out of the seed I gave you?"

Each of the nine boys responded with glee, "Yes, your majesty."

The king nodded and moved down the line.

The king finally got to the last boy in the line-up. The boy was shaking with fear. He knew that the king was going to have him thrown into prison for wasting his seed.

"What did you do with the seed I gave you?" the king asked in a voice that only heightened the boy's worst fears.

"I planted it and cared for it diligently, your majesty, but alas it failed to sprout." the boy said tearfully as the crowd booed him.

Suddenly, the king raised his hands and signaled for silence. Then, lifting up the boy's hand, he said, "My people behold your next king!"

The people were confused.

"Why that one?" many asked. "How can he be the right choice?"

The king took his place on his throne with the boy by his side and said,

"I gave these boys boiled seeds. This test was not for cultivating corn. It was the ultimate test of character; a test of integrity. If a king must have one quality, it must be that he should be above dishonesty. Only this boy passed the test. A boiled seed cannot sprout."

If you are **'successful'** and **'wealthy'** but cannot wholeheartedly recommend your strategy to your children, you have only nurtured a boiled seed.

Even if you win in a rat race, you would still be a rat at the end of the race!

Upon graduation from the university, my son was posted for his national service to a state that was one of the flashpoints of the Boko Haram insurgency. Several people were apprehensive and out of concern for his safety, wanted us to change the posting to a safer terrain. When we inquired about the possibility of redeployment, we were told he had to present a doctor's report to indicate that he was ill! It was one of my proudest moments as a father when, even before I could say anything, my son said, **"I will not tell a lie. I was not raised that way. I will go and I trust God to keep me"** And God proved Himself faithful!

Can you confidently and intelligently share with others the strategies that produced your wealth or your current position? Hear the Bible in Proverbs 13:11; "Wealth gotten by vanity shall be diminished: but he that gathereth by labour shall increase." **

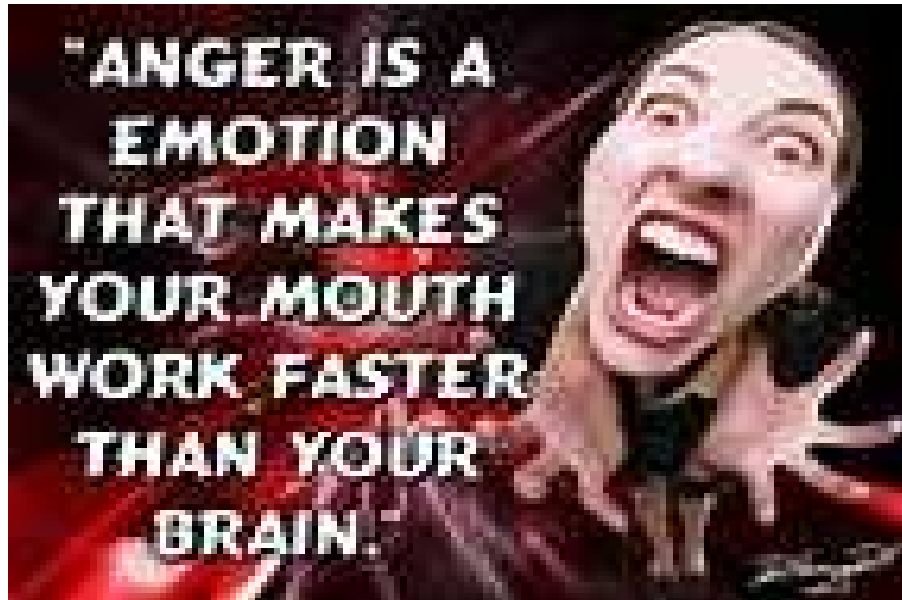
Integrity is in high demand but in short supply. Everyone, even a diehard criminal, is looking for someone to trust.

If nine people out of ten are parading the **"boiled seed"** __success, be the one that refuses to cut corners. The world is in dire need of trustworthy citizens who will not lead by deceit.

Are you available? – (5)

Applications of These Suggestions Can Produce Feelings of Well-Being:

1. Remember that anger is an emotion, and an emotion is always warm, even hot. Therefore to reduce an emotion, cool it using your emotional intelligence. Deliberately, oppose the heat of this emotion with coolness, freeze it out.(6)



2. Say aloud to you, “Don’t be a fool. This won’t get me anywhere, so skip it”
3. One of the best techniques for cooling off anger was suggested by Mrs. Grace Oursler. She formerly employed the usual “count to ten” technique but happened to notice that the first ten words of the Lord’s Prayer worked better. “Our Father who art in Heaven, hallowed be thy name.” When angry say that ten times and your anger will lose its power over you.
4. Anger is a great term expressing the accumulated vehemence of a multitude of minor irritations. These irritations each rather small in itself, having gathered force by reason of the one being added to the other, finally blaze forth in a fury that often leaves us abashed at ourselves. Therefore, make a list of everything that irritates you. The purpose in doing this is to dry up the tiny rivulets that feed the great river of anger.
5. Make each separate irritation a special object of prayer. Get a victory over each. In this way you will weaken your anger to the point where presently you will gain control over it.
6. Train yourself so that every time you feel the surge of anger you say, “Is this really worth what it is doing to me emotionally? I will make a fool of myself> I will lose friends. “In order to get the full effect of this technique, practice yourself saying to yourself a few times every day, “It is never worth it to get worked up or mad about anything.”
7. When a hurt-feeling situation arises, get it straightened out as quickly as possible. Don’t brood over it for a minute longer than you can help. The minute your feelings are hurt, do just as when you hurt your finger.
8. Apply grievance drainage to your mind. That is, open your mind and let the grievance flow out. Go to someone you trust and pour it out to him until not a vestige of it remains within you. Then forget it.
9. Simply start praying for the person who has hurt your feelings. Continue this until you feel the malice fading way.
10. Say this little prayer: “May the love of God fill my heart.”
11. Start forgiving many times. Before you have forgiven a person that many times you will be free of resentment.
12. Finally, this wild, undisciplined, primitive urge in you which flames to the surface can be tamed only by allowing God to take control. So Submit yourself unconditionally to the Almighty God.

References

1. www.jonasmawell.com/pages/index.cfm?pg=60&cat=3
2. www.goodreads.com/author/show/8435.Norman_Vincent_Peale
3. Holy Bible – Genesis Chapter 1
4. Holy Bible (NKJV) Philippians 3:13b
5. www.kindspring.org/story/view.php?sid=14871
6. fpurehappyllife.com%2flife_quotes_love_quotes%2fanger-quotes-anger-is-the-emotion-feelings.html/RK=0/RS=rgKBaWVlpNx5zEcalsBJyY4.LUI