



## *Inspirational Emails*

### **Humility's Habits**

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**There isn't just one human nature; there are many natures to any human**



**being.** Every person has many "sides" filled with good and bad qualities. I can flip from sweet-talking to raising Cain in a nanosecond. **Each one of us is a masterpiece of cognitive and emotional dissonance.** Even at our best, as the apostle Paul put it, "*The good that I would I do not: but the evil which I would not, that I do*" (Romans 7:19 KJV).

You and I are where we are by the grace of God. It's all grace. It is grace alone and grace amazing and grace abounding.

**Certain daily habits follow this.** First, I have no right to critique anyone if I can't first celebrate him. **Celebration comes before critique.** There is a musician's motto: three strokes for each poke. If I can't say three positive things about someone and lift her up with prayer and thanksgiving to God, I have no warrant for complaint.



Second, **I should not argue with anybody until I can state their position back to them in such a way that they approve.** I never cease to be amazed at how many times this little habit forces my mouth shut.

**My third habit is to listen to friends for confidence and courage, but listen to enemies for wisdom and information.** L. L. Bean uses this formula: there are twenty-five complaints for every one you hear. Multiply every criticism you hear by twenty-five. That's the reality you live under. *Now, what can learn from the criticism?*

Fourth, **I recognize that it's my choice: will I spread kudos or kudzus?** *Kudos are compliments. Kudzus are complaints and criticisms that spread like . . . well, kudzu.* Kudzu eventually covers everything and chokes the life out of whatever it

touches. **The tallest tree can be felled by this little vine that starts as a tuber in the ground.**

Excerpted from "Learn to Dance the Soul Salsa" by Leonard Sweet, PhD