

Is Your Glass Half Empty or Half Full?

A year or so ago, we were driving home from church one Sunday, and I asked my oldest son if he thought a glass is half empty or half full. I was assuming he had not heard the expression or if he had, had not given it much thought. Knowing full well his character and personality type, I had already guessed which one he would guess. Sensing it was some sort of test, he thought about it for several minutes. He can be quite analytical and I knew he wanted to guess correctly. He confidently answered that the glass was half empty. My husband laughed, since he himself is exactly the same way. Like father, like son is especially applicable around here.

In our home, we are an even split. The boys often see the glass as half empty; the girls (myself included) lean towards the glass being half full. I suppose it is God's way of allowing for a more even playing field. I try to always look for the good—even when it is a stretch to do so. When it rains for days, I tell everybody it is a good excuse to stay inside and read or watch old movies. When the team loses, I tell the kids the main reason to play sports is to have a good time, not to win. My boys, on the other hand, notice when things are not going right. They are hard on themselves, too. When doing a project, they notice its flaws and remind themselves (and each other) what they should have done differently. They contend that they are realists.

This is not to say I am always cheery and do not lose my temper. Actually feeling in a down sort of mood one day, after NOT role modeling patience and understanding to my children, I headed to the Christian bookstore on the lookout for something inspirational. When I saw “The Power of a Positive Mom,” by Karol Ladd, I quickly plucked it from the shelf.

This is a great book, whether or not your glass seems half empty or half full. Ladd, who used to be a teacher, is now a prominent Christian writer and speaker. Her book takes seven principles that mothers are instructed to analyze and live by. The principles are: The Power of Encouragement, The Power of Prayer, The Power of a Good Attitude, The Power of Strong Relationships, The Power of Your Example, The Power of Strong Moral Standards, and The Power of Love and Forgiveness. She systematically goes through each principle and ends each chapter with a suggested Bible reading, a prayer, and a sort of homework assignment to help you implement the positive changes in your own life.

Let's face it, we mothers need all the help and advice we can get. Personally, I do not know any mother who does not experience stress and feelings of being overwhelmed. Even those who have terrific marriages,

great support systems and “easy” kids, have days when they feel depleted of all positive energy. On those days, to have some ammunition would be most welcome. Think of this book as spiritual ammunition. It would make an ideal gift for a new mother—or any mother who needs a mental boost.

In Chapter 8, “The Power of Prayer,” Ladd includes this poem by Ralph S. Cushman.

The Secret

I met God in the morning
When the day was at its best,
And His presence came like sunrise
Like a glory within my breast.

All day long the presence lingered,
All day long He stayed with me;
And we sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed;
But the winds that seemed to drive them
Brought to us a peace and rest.

Then I thought of other mornings,
With a keen remorse of mind,
When I too had loosed the moorings,
With His presence left behind,

So I think I know the secret
Learned from many a trouble way,
You must seek God in the morning
If you want Him through the day.