

# How Did He Live?

What is the true measure of a person's life?

When an individual comes to the end of his or her journey upon this earth, how will the quality of that life be judged?

There are, of course, many ways to assess the value of our existence. Recently, I ran across a poem by Summer Sandercox that offers a compelling look at life:



Not, how did he die?  
But how did he live?  
Not, what did he gain?  
But, what did he give?

These are the units  
To measure the worth  
Of a man as a man,  
Regardless of birth.



Not, what was his station?  
But, had he a heart?  
And how did he play  
His God-given part?

Was he ever ready  
With a word of good cheer  
To bring a smile,  
To banish a tear?



Not what was his church?  
Nor, what was his creed?  
But had he befriended  
Those really in need?

Not, what did the sketch  
In the newspaper say?  
But, how many were sorry  
When he passed away?



While it is nearly impossible in our fast-paced world to find much time for meditation, this poem raises some thoughts for sober reflection.

– Beecher Hunter