

The Sacks We Carry

Dr. Les Parrott in his book *Shoulda Coulda Woulda* tells an old legend about three men. Each man carried two sacks – one sack tied in front of his neck and the other sack resting on his back.

When the first man was asked what was in his sacks, he said, “In the sack on my back are all the good things friends and family have done for me. That way they’re hidden from view. In the front sack are all the bad things that have happened to me and all the mistakes I’ve made. Every now and then, I stop, open the front sack – containing all the bad things that have happened to me – take the things out, examine them, and think about them.”

Because he stopped so much to concentrate on all the bad stuff in his life, his pace was slow, and he made little progress.

When the second man was asked about his sacks, he replied in exactly the opposite way. “In the front sack are all the good things that have happened to me,” he said. “I like to see them, so quite often I take them out to show them off to people and reminisce.”

“But what about the sack in the back?” he was asked. He answered, “I keep all my mistakes, all my regrets in there and carry them all the time. Sure, they’re heavy. They slow me down, but you know, for some reason, I can’t put them down.”


When the third man was asked about his sacks, he answered in a slightly different way. Like the second man, he answered, “The sack in front is where I keep all the blessings I’ve experienced – all the great things other people have done for me. The weight isn’t a problem. In fact, it keeps me moving forward.”

But as for the second sack, he answered, “The sack on my back is empty. There’s nothing in it. I cut a big hole in its bottom. Then I put all my regrets and all my mistakes from my past in that sack. They go in one end and out the other, so I’m not carrying around any extra weight at all.”

That’s a good story for all of us. We all carry around hurts and regrets that weigh us down. Today is a good time to cut a hole in our sack and let those hurts and regrets fall through so that we can focus on the good things that have happened in our lives.

And there are so many blessings for which we can be thankful and motivated – be it the love of a spouse, family and friends, our health (no matter what your present situation may be), the job we hold in Life Care or Century Park, church members who provide fellowship and enhance our spiritual growth, the freedoms afforded by a great country, the grace and mercy of a heavenly Father, or the talents He has bestowed so that we can accomplish His mission for us.

(more)



The Bible puts it this way:

Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert (Isaiah 43:18-19 ESV).

– Beecher Hunter