



This photo was taken a couple of years ago in Little River Canyon Mouth Park, at the base of Lookout Mountain. It was taken in October and I attempted to make the photo have a painterly look. The leaves were changing and were reflected beautifully in the calm water.

On this day, my daughters and I had been busy engaged in one of our favorite activities, Rock Skipping. If you have never played this extremely high tech game, here is how it is played. First find you a still body of water. Walk around and collect some smooth flat stones. Here is the tricky part, you must throw the rocks side-armed and attempt to make them skip along the surface of the water. Whoever can cause their rocks to skip the most times or the farthest is crowned the winner. This is a very competitive game; especially if you play with girls (I am not sure why girls are so competitive).

Anyway, after the World Rock Skipping championships were just another notch in my belt, (Of course I won), I found that I had collected a few souvenirs'. When I got home my pockets were full of rocks. It is about a mile hike to this peaceful spot at the end of the trail and I had carried not only my camera and tripod, but a bunch of rocks. I had become a Rock Skipping Pack-Rat.

The term Pack-Rat is slang, referring to a person who collects miscellaneous items and has trouble getting rid of them. Today, it is time to empty your pockets. We are all prone to collect things that hinder our progress. Somebody says something unkind to us and we stick it in our pockets and refuse to let it go. Our rocks might look like, hurt feelings, or a relationship gone bad, an unforgiving spirit, bad habits or addictions, or a critical spirit.

Why do we insist on collecting these? Why do we refuse to let them go? Think of that one thing that is hindering you or keeps tripping you up; now let's pretend that bad habit is a rock in your pocket. Rare back and throw it as hard as you can across the waters of forgiveness. Empty your pockets and you will be surprised at how much easier it is to walk.

Something to think about:

- ❖ The heaviest load any man carries on his back is a pack of grudges.
- ❖ He who seeks more than he needs hinders himself from enjoying what he has.
- ❖ To forget a wrong is the best revenge.
- ❖ A retentive memory is a good thing, but the ability to forget is the true token of greatness.
- ❖ Poor indeed is the man who cannot enjoy the simple things of life.

The guy with the empty pockets

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