

# Put the Rock Down



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A Geology professor at a Christian University began his class by holding up a large rock. He held it up for all to see and asked the students, "How much do you think this rock weighs?"

50 gms!.... 100 gms!' 125 gms....the students answered.

"I really don't know unless I weigh it," said the professor, "but, my question is...what would happen if I held it up like this for a few minutes?"

"Nothing" the students said.

"Ok! What would happen if I held it up like this for an hour?" the professor asked.

"Your arm would begin to ache," said one of the students.

"You're right. Now what would happen if I held it for a day?"

"Your arm could go numb. You might have severe muscle stress and paralysis and have to go to hospital for sure!" ventured another student and all the students laughed.

"Very good. But during all this, did the weight of the rock change?" asked the professor.

"No..." the students said.

"Then what caused the arm ache and the muscle stress?"  
The students were not sure what to say.

The professor started to show difficulty in holding up the  
rock.

"Put the rock down!" said one of the students.

"Exactly!" said the professor. "Life's problems are something  
like this. Hold it for a few minutes in your head and they  
seem okay.

Think of them for a long time and they begin to ache. Hold  
it even longer and they begin to paralyze you. You will not  
be able to do anything."

"It's important to think of the challenges (problems) in your  
life. But EVEN MORE IMPORTANT is to have trust in HIM and  
to put them down at the end of every day before you go to  
sleep.

That way, you are not stressed, you wake up every day  
fresh and strong and can handle any issue and any  
challenge that comes your way!"

So, as it becomes time for you to leave office today.  
Remember friend to PUT THE ROCK DOWN TODAY and have  
tranquility by putting trust in HIM.

God sent down tranquility into the hearts of the believers  
that they might have more faith added to their faith.

Tranquility is a sign of strong faith while worries and stress  
are a sign of weak faith.

A soul that is at rest is satisfied.

*Lesson: Trust in God to help you with your difficulties*