

It is extremely difficult to persevere when we have made big mistakes or done something that pains our conscience because we know it was wrong. However, there are some things we can do absolutely nothing about. Every person has some things which he or she need to write in the sand and walk away from, allowing the tide to wash them away.

I once read of a school teacher who brought a quart bottle of milk to school one morning and set it on her desk. Later that day, she told her students she was going to teach them one of life's valuable lessons. She took the bottle of milk and hit it against the side of the desk, breaking the bottle into many pieces. The milk spilled all over the floor.

The teacher then asked the students to examine the broken pieces. She explained that it was impossible to gather up all that milk and put it back in the bottle. "Therefore," she said, "when something happens that you cannot help, or do anything about, always remember this one lesson: Don't cry over spilled milk."

There are certainly times when we need to go back and right some wrong, but there are also times when we need to write them in the sand, and allow the waves of our Creator's mercy to wash over those words and eradicate them forever.

We have all cried over spilled milk. Maybe you made a bad investment and the money was hard earned money. Will crying over it bring it back? Not in a million years. But you didn't lose your health, which is far more important than money. You are still alive, and that means you still have your soul. You still have your family and friends. Don't cry over spilled milk. You still have the most important things.

Maybe you made a bad mistake. Who hasn't? But you continue to brood over it. Stop crying over spilled milk. Get forgiveness and go on.

Maybe you said something that caused a long time friend to break his or her relationship with you. Don't cry over spilled milk. Apologize and ask forgiveness. The chances are that person will be glad to forgive you.

Maybe you failed at something important to you. Don't crawl in a hole and pull the dirt in on you. Failure is not the worst thing. Crying over it and refusing to get up and try again is the worst thing.

We all need to let the past be the past. An unknown writer penned the following lines:

"I've drained the cup of disappointment and pain

I've gone many days without a song,

But I've sipped enough nectar from the roses of life

To make me want to live on".