

In my work I found myself engaging in many discussions with the people I met along the way. Some of these were uplifting, but others were prolonged and generated some heat. Many times arguments pursued me in my head even after the actual personal contact was over. It is amazing how they could grow with a little encouragement into something truly spectacular. In my mind, someone would say something, then I would respond to put them in their place, then they would say something that pushed me further, and so on.

I realized that this escalation was purely in my imagination, and that I had to put a stop to it. Otherwise it would affect the way that I acted towards the person in real life. I also realized that the entire process was ridiculous, in allowing myself to generate problems that did not even exist.

It came to me that I had enough crazy thoughts in my head that I didn't need to manufacture more! This reminded me of the time that David, running for his life from Saul, decided it would be a good idea to go to a Philistine king to find refuge. Suddenly he was recognized, and he had to act like a madman to try to escape. I love what the king said then: "Am I so short of madmen that you bring this fellow here to carry on like this in front of me?"<sup>1</sup>

So, David was cast out and the king was able to relax. And so I need to cast out these spurious thought conflicts that I sometimes have and get back to reality!

1. 1 Samuel 21:10-15; especially vs 15a