

AHS Reunion of Athletes--2021

M&Ms for Living Life to the Max

**An exercise in using the short reminders (bullets) to
help you enjoy the M&Ms**

By Gerald Cumby

Appreciation for Gerald Galbraith for last night at the Mesquite Grill and having us out today. I know this was the hardest for you this year. What a blessing you have been to this group of people who have been friends forever...it seems.

I know you miss Christie. We do, too.

Sing: I'll Fly Away!

More and more of this is happening to our graduating friends and family members. A loss...but never forgotten.

Living life to the fullest/an overflow of joy and peace

Living life with a "spirit of excellence"

I miss my family...loved ones that have beat me to the joys of the afterlife. Heaven is real, guys; We need to make the most of life while we are running the race to the finish line.

All of us have had the dads and moms, grandpas and grandmas who have cheered us on. Football and the various sports became a prized possession to them. The prized possessions were in the uniforms of black and gold and they cheered us on to the end of the game.

*I wrote about my dad and mom in the two books published, *The Bridge Builder* and *the Bridge Builder, Bracing for Life's challenges*. But, my grandpas had a lot of things to say. They were farmers, blacksmiths, and preachers. They left me with a few truths.*

1. *Don't put mama down in front of other people...even when you are alone with her....Note: If you do, you probably won't have a homecooked meal for the next 9-10 days!*
2. *Never miss a good chance to shut up.*
3. *A yellow jacket is faster than a John Deere tractor!*
4. *Don't corner something meaner than you!*
5. *Don't sell your mule to buy a plow.*
6. *Most of the stuff people worry about never happen.*
7. *Don't squat down with your spurs on.*
8. *Always drink upstream from the herd!*
9. *Don't sell your mineral rights with your property.*
10. *The Best Sermons are lived, not preached.*

Two quotes from some pretty important people:

“Give me a smart idiot over a stupid genius any day.” Samuel Goldwyn

“We are all born ignorant. But we have to work hard to remain stupid.” Benjamin Franklin

1. Minimize Regrets..

- *With your dreams...with people.*
- *Make sure it is godly and that it would please God.*
- *Make a list of what you would like to accomplish for minimizing regrets.*

2. Maximize your Faith

- *“Without faith, it is impossible to please God.”*
- *“Faith without works is dead.”*
- *Believe the impossible*
- *List=What do I need to do in order to maximize my faith.*

“Little things that happen spontaneously help you to believe for the big things.”

3. Mend Broken Relationships

- *Family first? No, God first!*

Get on the right side of God and you will find you have a wonderful helper, the Holy Spirit, to help you through relational issues

- *Family---they are going to be at the reunions and your funeral.*
- *Friends—something you said; something you’ve done or they have done.*

*Contact them—This is the “Day of communication.”
Better way...look them in the eye and mend the relationship.*

4. Meditate on Worthwhile Memories ...

- Memories that matter; memories that master the good in mankind.
- That Coach that helped you get your scholarship.
- That preacher that led you to a better way of life and helped you to know what you are to do to become a Christian.
- That family member that prayed for you during trying times.
- That friend who was by your side when you lost a loved one...or you were in the hospital not knowing whether you were going to get out.
- **Remember**....It is good to remember the catch in the end-zone or the 1st place medal at the State Track meet. But, there is nothing like meditating on life’s challenges that have affected you and others today.

5. Maintain a Balanced Life in Your Quest to Finish Strong

- Categorized as an “Old Codger.” Past my prime, living on borrowed time, an accident waiting to happen, an old man with yesterday’s mindset.
- I think I have crossed a few rivers...climbed a few mountains, and lived on the edge...and hung on to the ledge many more times than these young whipper-snappers.

- I'm really tired of somebody or some organization trying to control me/Us. I don't really know what to do about it.
- I gripe, I fuss...and sometime blow a fuse.
- I know I can't do it. My earth suit that is holding all these parts together is not ready for battle.
- Am I giving up... "Heck NO!"
- BUT...I HAVE TO RECOGNIZE MY LIMITATIONS.
- VOTE...
 - ✓ We can GO TO CHURCH AND MAKE A FUSS WHEN THE PREACHER "WATERS DOWN" A MESSAGE TO APPEASE THE "WOKESTERS." (MINE DOESN'T DO THAT. IF HE DID, I WOULDN'T BE A MEMBER OF THAT CHURCH).
 - ✓ In crossing Jordan and the highest mountain (just kidding), I realized that we have to make as much noise about our COUNTRY AND OUR CHRISTIANITY as others WHO ARE PUTTING THOSE TWO ENTITIES DOWN.
 - ✓ CALL YOUR CONGRESSMAN, CALL YOUR PASTOR, CALL YOUR MAYOR.
- GET IN ON THE ACTION TO SAVE OUR COUNTRY AND OUR PLACES OF WORSHIP.
- BE BOLD...BUT NOT BELIGERENT...BE BALANCED WITH YOUR QUESTIONS AND ANSWERS.
- BE A MENTOR...NOT A GROTCH.
- IN OUR LAST FEW YARDS OF OUR RACE, MAKE A MARK...DON'T JUST MARK YOUR TIME!

6. Move into the Right Lane to Finish the Course

- *Track (To win a race, short or long, you must stay in the right lane); Indy 500 (Racing in the lane with the least resistance). To make the most of getting around the track, make sure you are legally in the lane to effectively and efficiently reach the goal.*
- *Get your Priorities straight*
- *Finish the course...satisfied with your efforts.*

“You don’t have to win in this life to be a winner in the afterlife.”

7. Make Adjustments to Receive the Reward

- *Get saved “born again experience with repentance”...Get into the Word of God*
- *Pray.*
“To be a Christian without prayer is no more possible than to be alive without breathing.” – Martin Luther
- *If you are a Christian...get right and do right (Actions speak louder than words).*
- *Prepare for Landing.*
One of the most difficult times for a pilot is landing the plane. “Once we give our lives to the Creator of Life and live with an unction to pursue God daily, God takes control and we land perfectly in the arms of the Savior. When it is time for our departure from this life, we don’t have to worry about our landing if we have adequately prepared before we take our flight.

Jesus said, “I am the way, the truth, and the life. Nobody comes to the Father unless it is through Me.” John 14:6

Prayer: Lord, help us to live life with a deep desire to please you. You are worth it!

In Jesus name. Amen!