

kept shaking it off and stepping up. Hours later, the exhausted mule finally stepped over the wall of the well. What was meant to bury actually made him free. Do you feel like the criticisms of others are overwhelming you? Do you feel like you're being buried alive? Shake off the critics. Trample their dirt under your feet, and if you can use any of their criticisms in a positive fashion, step up. That's what responsible adults do. Who you are five years from now won't be the same person that you are today. And it's up to you what you become. Not your critics. And the family of God said, "Amen".