

~~INTERRUPTIONS~~

When you are exasperated by interruptions remember that the very frequency of your interruptions may indicate how valuable you are. Only the people who are full of help and strength, who are available are burdened by other people's needs

The interruptions that most irritate us are the credentials of our availability. The greatest condemnation that anyone could incur – and that is a danger to guard against – is to be so independent, so unhelpful, so uncaring, that nobody ever interrupts us and we are left comfortably alone.

A college professor, speaking to a friend had this to say, *"You know, my whole life I have been complaining that my work was constantly interrupted, until I discovered that my interruptions were my work"*.

“Lord make me interruptible”.

