

Live a life positively

Good morning, teachers and students. Today, the topic that I want to share with you is: **Live a life positively.**

First of all, I would like to share with you a story. One day, a professor of a university asked his students to prepare for a surprise test. He handed out a question paper, with the text facing down as usual. Once he handed them all out, he asked his students to turn the page and begin. To everyone's surprise, there were no questions, just a black dot in the centre of the page. The professor then said, "I want you to write what you see there." The students confused, got started on the task. At the end of the class, the professor read each one of them aloud in front of all the students. All of them with no exceptions, described the black dot, trying to explain its position in the middle of the paper.

After all had been read, the classroom was silent, the professor began to explain. "I am not going to grade on you. I just wanted to give you something to think about. No one wrote about the white part of the paper. **Everyone focused on the black dot, and the same happened in our lives. We always focus on the dark spots. Our life is a gift given to us by God, with love and care, and we always have reasons to celebrate.** However we insist on focusing only on the dark spots, for example, the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend etc." The professor continued, "The dark spots are very small compared to everything we have in our lives, but they are the ones that polluted our minds. **Take your eyes away from the black spots in your life. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life positively.**"

Boys and girls, this story is in fact a realistic reflection of our lives. Firstly, we always focus on our weaknesses and dark spots. As a result, we are not happy, as we cannot do too much to improve our weaknesses or the environment. Secondly, we forget that our life is in fact full of

blessings. God gives us love and care, and we always have reasons to celebrate. If we focus on our strength, we can live positively and happily.

So, boys and girls, try to take our eyes away from the black spots in our life. Try to enjoy each one of our blessings, so that we can live a life positively. And as a result, we can live a happy life.

Apostle Paul has said in the Bible, “And now these three remain: faith, hope and love” (如今常存的有信、有望、有愛). Yes, our life is full of faith; our life is full of hope; our life is also full of love. Once we focus our attention on such blessings, we can live a positive life and happy life.