



“I shall always be ready to remind you of these things...” 2 Peter 1:21

How to Live with an Eeyore

By Alex Hale



From A.A. Milne’s books to the Disney cartoons to the recent movie *Christopher Robin*, people around the world have fallen in love with the characters of the Hundred Acre Wood. I am convinced that one reason for this is that we see pieces of ourselves (and others!) in these animals. For example, think about Eeyore, the old, gray donkey who is consistently negative and sad. Elizabeth Baker has written that Eeyore “never admitted that the glass was really half full. Eeyore knew the glass would always be half empty and probably had a leak in the bottom as well.”¹ Do you know anybody like that?

Sometimes this negativity manifests itself in a severe depression. I believe that King Saul suffered from depression (1 Sam. 16; 18; 31). Elijah battled depression (1 Kgs. 19). Moses possessed some qualities of a depressed person (Num. 11:11-15). In other cases, Eeyore is nothing more than a little gray cloud that sighs a lot. These are the people who consistently see the negative. They may point out what others are doing wrong, while trying nothing new themselves. Eeyores may withdraw from social situations. In addition, they are prone to excessive thinking, always coming up with a reason why something will not work. Because of this, they rarely get anything done (see Eccl. 11:4). These characteristics will obviously complicate relationships. How do you deal with the Eeyores in your life?

Try to determine their cause of behavior. Someone’s background could have helped to mold them into a negative person. As you consider your Eeyore, consider his or her parents and family. Were they (or are they)

constantly critical? Did your Eeyore have to take on a great deal of responsibility at a young age which might make them cynical toward people now? Is this negativity which may seem directed at you actually the result of frustration they feel toward someone else? A person’s criticism may be rooted in pride, fear, or anger. Understanding this will help you put the negativity in perspective.

Consider their point of view. Though Eeyores may not always express themselves in proper ways, *sometimes what they say is right*. Some of their warnings may be warranted. What seems like such a good idea to you may actually end in failure, and the Eeyore in your life may be trying to protect you. Perhaps the idea is not bad, but there may be a piece of it which could be better, and the concerns that this person brings out may help you to stop, think, and adjust as needed.

Confront them in godly ways when needed. Note that the key phrase here is “when needed.” It is not a sin to be discouraged. From time to time, we are all sad and have “Eeyore” days. This becomes a problem when we allow our discouragement to keep us from serving the Lord as we should. In those cases, godly confrontation is needed. If you have to confront an Eeyore whose discouragement has gotten out of hand, this will likely be hard. You should not derive any pleasure from it (1 Sam. 15:11). Be sure that *you* are right with God before you confront someone else (Mt. 7:3-5). And never forget, the Eeyores in your life have to live with you too!

¹ Baker, Elizabeth. *Living with Eeyore: How to Positively Love the Negative People in Your Life*. Cincinnati: Standard Publishing, 2007.



CABOT WESTSIDE CHURCH OF CHRIST

1017 S. 2nd St. (Old Hwy. 367)
Cabot, AR 72023
cabotwestsidechurchofchrist.com

When We Meet

Sunday

Bible Classes – 9:00 am

Worship – 10:00 am, 5:00 pm

Wednesday

Bible Classes – 7:00 pm

Our Elders

R.D. Hopper

Norman Kemper

Our Preacher

Alex Hale