

## The Two Wolves

One evening an old Cherokee told his grandson about a battle that was going on inside himself. He said, *“My son, it is between two wolves.*

*One is evil: Anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, false pride, superiority and ego.*

*The other is good: Joy, love, hope, peace, humility, kindness, benevolence, generosity, truth, compassion and faith.”*

The grandson thought about it for a minute and then asked his grandfather, *“Which wolf wins?”*

The old sage Cherokee replied, *“The one I feed.”*

The apostle Paul declared, *“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”*

Which wolf are you feeding with your thoughts?