

# Can Introspection Paralyze us?

Two years ago I read a fable about a centipede and a frog. During their conversation the frog asked the centipede. "You have so many feet, how do you walk? When you walk, which of your hundred feet moves first?" So the centipede tried to figure out which foot moved first. No matter how he tried he could not put forth one foot. He became so disgusted that he declared, "I do not care, I am going." Yet before he could make a move, he was again thinking of which foot moved first. He was thus completely paralyzed. After a while the sunlight broke through the cloud. When he saw the light his heart was so enthralled with it that he just ran after the sunlight. Gone was his concern over the order of his foot movement. He was actually moving forward. Now this fable can serve as a mirror to our Christian life. Whenever we turn to look at ourselves we are immobilized and cannot advance; but if we look at the light of God, we shall unconsciously move ahead.

Taken from; "The Way to Self Knowledge by: Watchman Nee

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