

Committed to a Promise



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The Importance and Practice of Commitment

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A promise was made thousands of years ago not to destroy the earth again with water. A rainbow was the sign hung in the sky as a reminder of the promise. Hanging a sign around our necks would be difficult to remind others of a promise to them. However, the word commitment speaks of involvement and engagement. When we involve ourselves with keeping a promise, this speaks louder of commitment than a giant sized bill board.

Failed Commitment

One way to guarantee a failed commitment is not to be engaged. I have seen many make promises and do not put forth the slightest effort to even make a note of the commitment. For example, when you promise someone you will call them, talk about the best times and then enter the date and time into your phone calendar with a reminder. This is a simple example, however very effective in portraying the need of engagement.

Discipline and Commitment

Discipline is a dirty word to some. It speaks of changing normal routines and mindsets. This is a hard thing for some, because it takes too much commitment.

Practicing is the process of disciplining yourself and will help you be more committed in keeping your promises. Following this process will assist you in making, maintaining and fulfilling commitments. When you are disciplined in a certain area you will become better in that area. Of course, if you continue some failure may occur. Do not stop the discipline if you fail. However, learn from it and continue the process, because this is also a commitment. Commitment helps one not to run away, throw up their hands or throw in the towel.