Old sayings can be helpful. Even if we don’t know where they came from or why they originated. I say this because there are so many old folks sayings that are around. Many of them were said by our parents or passed down from earlier generations.

They have been repeated from time to time and accepted without ever knowing why they have been adopted into our language.

Lately, I have been questioning a few. I have researched the answer for some of them and I have found that people from past times said them as a warning.

Others, I found were personal opinions from someone and that in these times does not apply to my lifestyle.

It is interesting to look into old sayings and decide if they are helpful to our walk in life or if they are just, old sayings that play no part in these times.

My mother had a few old sayings that she would say to her children quit regularly. I heard a comedian make some jokes from his past on old sayings that his mother use to say when disciplining him. The joke was so familiar because I heard the same old saying when I was growing up.

Old sayings are like common advice that people give to us whenever we are going through a rough time in our lives. We should take time to review common advice when it is given to us from others because it may just be a response similar to an old saying that hasn’t really been thoroughly thought out but easily said.

Think of some old sayings from your past that were said to you. See if they are justified and reasonable. Then compare them to past situations and see if you have theoretically used any of them unknowingly as a typical part of your experience.

Old sayings can be habitual comments that we hear that may already have a large part in how we make our decisions. There is no real problem with them, unless we hear one and take it at face value without evaluating the saying.

If an old saying has value and can stand the test of time, then we should accept it as a helpful hint from past times that can guide in our decision making process during current times.