



For 20,454 sunrises.

My first thought when I open my eyes every morning is “Thank You, God, for letting me wake up.” Today, it was “...for letting me wake up to yet another birthday.”

As I reflect on my time here so far, I am amazed at the journey. I am amazed at how things come full circle. I am amazed at how every human connection in my life has a purpose. And I am amazed at how my faith carries me through it all. But then again, what else other than amazing would this be when God’s at the helm?

Although the lows have been rough, the highs have been many. At times even feeling that nothing I have done makes me deserve all the good that God has given me. But, hey, I’ll take it. I’ll take each day and everything that comes with it – the wrinkles, the joints that now ache, the middle-aged worries that invade my thoughts – all of it. Because weighed against not getting older, the downsides all seem like a small price to pay.

And so on this day, recognizing that life is not made up of time but of breaths, I am especially grateful to be alive. To be surrounded by those I love and those who love me. Hopeful to awake to more sunrises and live out more days.

What are you thankful for today?

Until next Thursday’s post...si Dios quiere.

“You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man’s life is but a breath.”

*-Psalm 39:4-5*

“Birthdays are good for you. Statistics show that the people who have the most, live the longest.”

*-Larry Lorenzoni*

“They’re not gray hairs. They’re wisdom highlights.”

-Author Unknown



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