

We must never be discouraged by the downs in life. They come and go. Seasons don't last forever, and there's a reason why God made it that way. I, like you, don't like the low periods, but I am thankful they are transient.

Let's keep the faith and stay hopeful, especially through the dark days, for the light is sure to come. God is good, my friends…all the time.

What are you thankful for today?

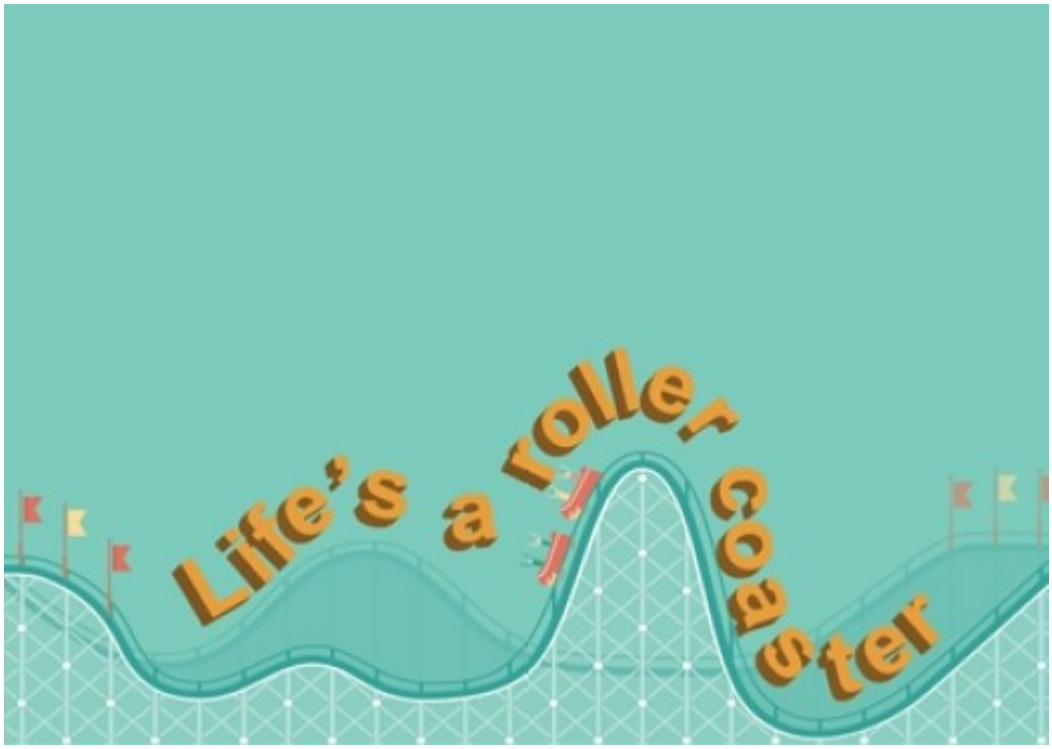
Until next Thursday's post…si Dios quiere.

"Do not let the empty cup be your first teacher of the blessings you had when it was full. Do not let a bard place here and there in the bed destroy your rest. Seek, as a plain duty, to cultivate a buoyant, joyous sense of the crowded kindnesses of God in your daily life."
-A. Maclaren

"The sun will set and the sun will rise, and it will shine upon us tomorrow in our grief and our gratitude, and we will continue to live with purpose, memory, passion, and love."
-Brent Schlender

"In three words I can sum up everything I've learned about life: it goes on."
-Robert Frost

> "Life is a rollercoaster. Try to eat a light lunch."



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