

When life hands us lemons….If you follow this blog, you know I touch on the subject of adversity from time to time. It is one of those things in life we can't avoid and, to be honest, writing about it, even if it's a couple of sentences, helps me alter my mindset and face whatever the trouble head-on. I hope reading about it does the same for you. Here are two things I try to keep in mind.

First, start by seeing problems as impermanent. Hardships come and go. I see hope in that. And hope can carry us a long way.

Second, adversity is not always solvable in a blink of an eye, as we know, but I find that if we accept the familiar adage "if life brought you to it, God will get you through it," we can go from adversity-stricken to prosperity-driven in 4.5 seconds. Faith does that.

And third (okay, so three things), with hardships come opportunities to grow and build resilience. Hence, the strength we'll need for the next time…and the next time.

It's easy to get caught up in our problems, but whatever the level of crazy in our lives, guys, we can, and must, learn to make the best of it – – Hope + Faith = Strength. Just remember, when life hands us lemons…well, we make *café*. ☕

[Speaking of *café*, get yours here – Colada Joe]

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"Just as silver linings can only be found on dark clouds, rays of hopes can be found, when one is facing hardships."
-M. K. Soni

"Let God's promises shine on your problems."

-Corrie Ten Boom

“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.”
-Khalil Gibran



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