



I don't know what's in store for me. Sometimes I wish I knew, but mostly, I don't. I know firsthand that life can change in the blink of an eye, for better or for worse. I think most of you my age believe that to be true. An unnerving and sobering truth.

And so I find the best thing to do is to arm ourselves with:

- Purpose (for meaning)
- Faith (for strength)
- Hope (to keep going) and
- Prayer (for all of the above)

I really can't think of better armor to brave the blinks.

I am grateful for every blessing...every millisecond of them.

What are you thankful for today?

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

*"But since we are of the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as the helmet."*

*-1 Thessalonians 5:8*

*"It never failed to amaze me how the most ordinary day could be catapulted into the extraordinary in the blink of an eye."*

*J. Picoult*

## Today's Rx:

“Everything can change in the blink of an eye. But don't worry; God never blinks.”

-R. Brett



RxfortheSoul

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