

Agree or disagree? Faith should be bottled. □□♀

Got a headache? Pill. Can't sleep? Pill. Feel overwhelmed by life and the weight of the world? Uhhh… *dale*, still a pill.

Don't get me wrong, medicine is a gift, and I'm so thankful for the doctors and prescriptions that bring real healing when our bodies need help.

But not everything can be fixed with a prescription. Some of the deepest aches I've felt have never shown up on an X-ray. They live in my heart, my mind, and my soul. And for those, my healing has come through prayer, patience, forgiveness, and a whole lot of trusting God's timing. Basically, my *rx for the soul* is Faith.

The world's aches could really use some of that right now. Because, man, it just feels heavy. People are anxious, divided, and flat-out exhausted. I keep rolling my eyes and sighing all the time. That can't be healthy. That's why I dig for faith. To help me stay grounded and find light. It doesn't magically erase pain or give me all the answers (still waiting on those □), but it gives me hope when nothing else makes sense.

Today, I'm grateful for the medicine in my cabinet, but even more for the faith and peace God pours into my heart. No pharmacy required. Way cheaper. Zero side effects. Try it.

As my late friend Barbie used to say, "Faith, faith, faith, Amiga!" If only we could bottle it. Maybe slap a cute label on it: "Faith. Take as needed. Refill: unlimited."

What are you thankful for today?

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

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference."

–Max Lucado

"He heals the brokenhearted and binds up their wounds."
-Psalm 147:3

"Sometimes the best medicine is simply a good laugh and a long sleep."
-Irish proverb



#710

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