



## Consider This ...

*There are times when the same messages keep going through our minds, yet are they true, helpful? Sometimes we need a new perspective to help us regain our Hope in our situation, in others, even in God. May these words fill you with encouragement and HOPE*

Don't let your emotions be your decision maker.  
**STOP and PRAY!**  
One moment in God's presence changes **EVERYTHING!**



### *Remember*

The dementia patient is not *giving* you a hard time.

The dementia patient is *having* a hard time.

Every miracle in the Bible, first started as a problem.

Grief never ends... But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith... It is the price of love.

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*When a train goes through a tunnel and its dark, you don't throw away the ticket and jump off. You sit still and trust the engineer.*

*Trust God today, no matter how dark your situation. He has promised to bring you through the darkness.*

**YOU ARE NOT REQUIRED TO SET YOURSELF ON FIRE TO KEEP OTHER PEOPLE WARM.**

**Sometimes you have to let go of what you thought life would be like & learn to find joy in life you are living**

*Every single person has a story that will break your heart.*

*And if you are paying attention, many people ... have a story that will bring you to your knees.*

*You are not alone.*

*Brene Brown*

# Hope

Isaiah 41:10

“Don’t be afraid, for I am with you.  
Don’t be discouraged, for I am your God.  
I will strengthen you and help you.  
I will hold you up with my victorious right hand.”

**Consider Elizabeth**, the mother of John the Baptist. Despite years of prayer and suffering, she remained barren until her later years. I believe that God sometimes wants it to be very clear that it is all Him. No doubt this was the case with Elizabeth and Zachariah’s little family. Could this be the case with you?

When trials are faced with God they develop endurance; the ability to keep going in the face of adversity. With endurance and patience, we build character, and this character feeds our Hope. In hope we glorify the Lord. And that’s what it’s all about.

**Choose Hope.**

Trust God.  
Even if the  
answer is wait.

If you were having coffee with  
Jesus today, what would  
He say to you?



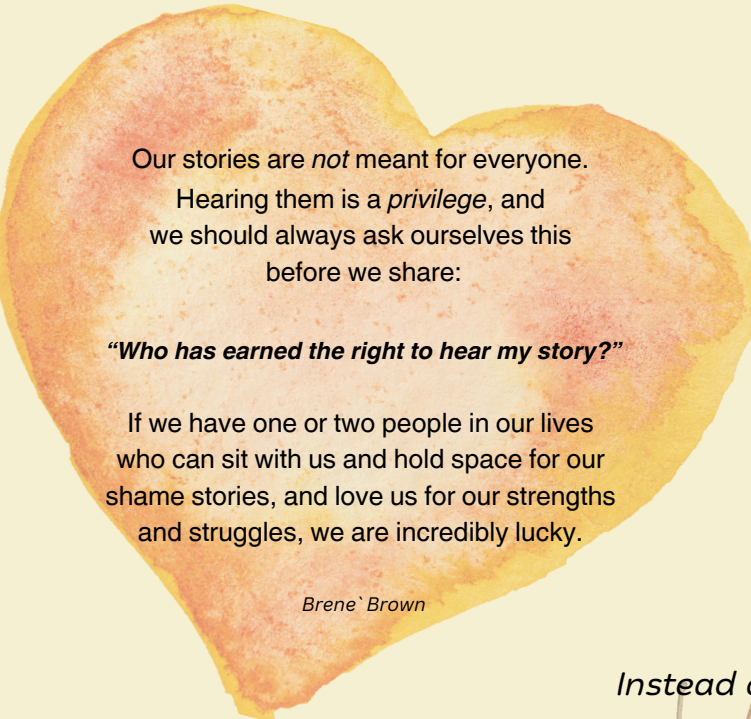
FOR I AM ABOUT TO DO  
SOMETHING NEW. SEE,  
I HAVE ALREADY BEGUN!

DO YOU NOT SEE IT? I WILL  
MAKE A PATHWAY THROUGH THE  
WILDERNESS. I WILL CREATE  
RIVERS IN THE DRY WASTELAND.

ISAIAH 43:19 NLT







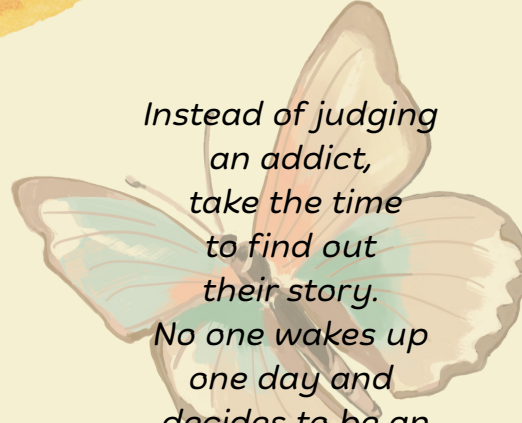
Our stories are *not* meant for everyone.  
Hearing them is a *privilege*, and  
we should always ask ourselves this  
before we share:

***"Who has earned the right to hear my story?"***

If we have one or two people in our lives  
who can sit with us and hold space for our  
shame stories, and love us for our strengths  
and struggles, we are incredibly lucky.

*Brene' Brown*

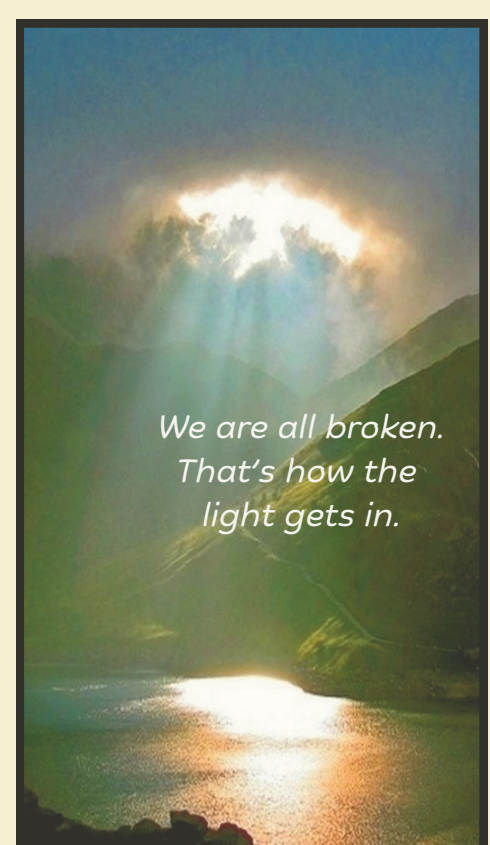
*What we don't need  
in the midst of  
Struggle  
is shame for being  
Human*



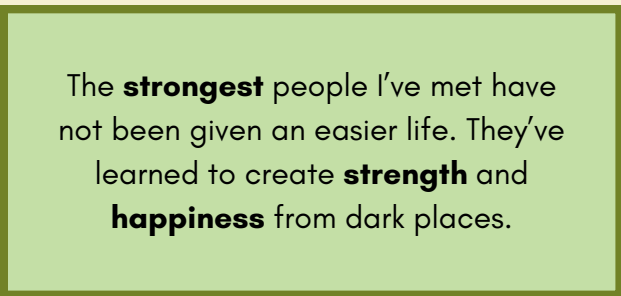
*Instead of judging  
an addict,  
take the time  
to find out  
their story.  
No one wakes up  
one day and  
decides to be an  
addict.*



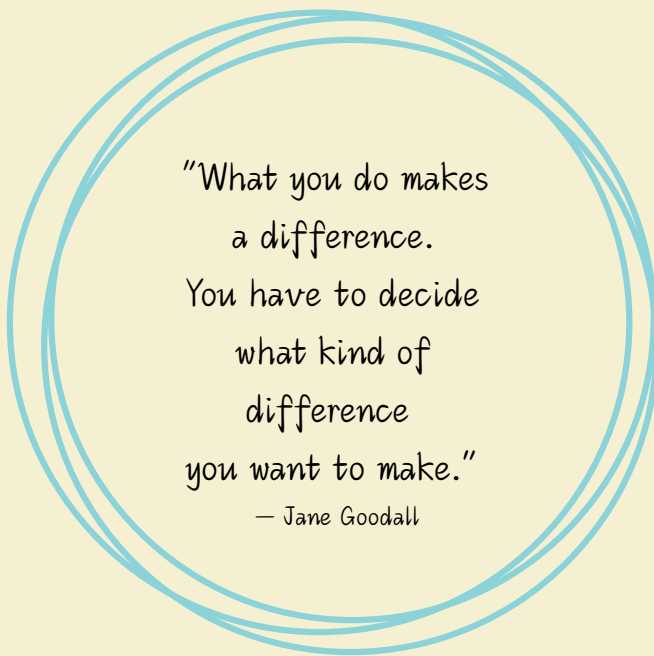
**Do not give up,  
the beginning  
is always the  
hardest.**



*We are all broken.  
That's how the  
light gets in.*



The **strongest** people I've met have  
not been given an easier life. They've  
learned to create **strength** and  
**happiness** from dark places.



*"What you do makes  
a difference.  
You have to decide  
what kind of  
difference  
you want to make."*

— Jane Goodall

But faith doesn't always  
take you out of the  
problem. Faith often  
takes you through the problem.

Faith doesn't always take away the  
pain. Faith gives you the  
ability to handle the pain.

Faith doesn't take you  
out of the storm. Faith  
calms you in the midst of  
the storm.

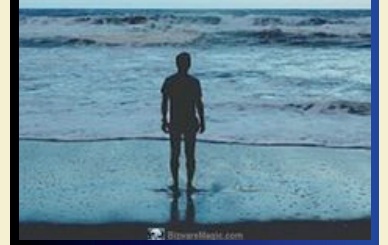


*Healing doesn't  
mean that damage  
never existed.  
It means the  
damage no longer  
controls you.*

Ships don't sink because  
of the water around them;  
ships sink because of the  
water that gets in them.  
Don't let what's happening  
around you get inside you  
and weigh you down.



The same boiling water  
that softens the potato  
hardens the egg. It's  
about what you are  
made of, not the  
circumstances.



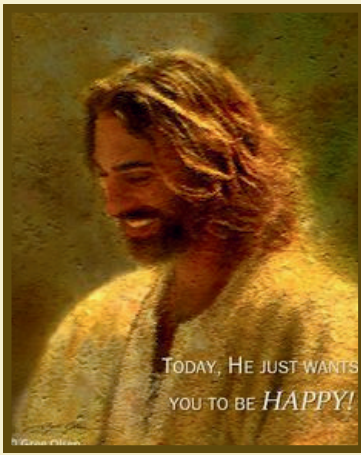
*Remember you can always  
walk away.  
The game ends when you  
stop playing.*

*You sometimes  
think you want to  
disappear, but all  
you really want  
is to be  
found.*

*Hope*

Hold on. Pain ends.





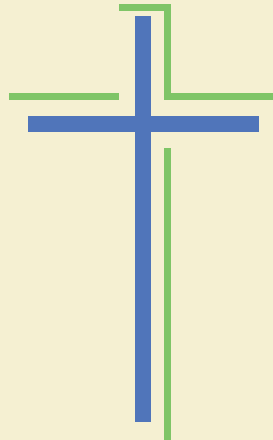
*Life is a series  
of thousands of  
tiny miracles.  
Notice them.*

*We can not  
selectively  
numb emotions.*

*When we numb the  
painful emotions  
we also numb the  
positive emotions.*

*Numb the dark and  
you numb the light.*

*Brene Brown*



**One minute of anger  
weakens your  
immune system for  
4-5 hours.**

**One minute of  
laughter boosts  
your immune system  
for over 24 hours.**

*You do not have to  
have it all figured out  
to move forward.*

## SIT WITH IT.

Instead of drinking it away,  
smoking it away, sleeping it  
away, eating it away, or running  
from it. Just sit with it.  
Healing happens by feeling.

Unknown / Power of Words



**When you are  
hanging on  
by a thread,  
make sure it's  
the hem of  
*His* garment.**



*Being asked  
"why are you  
depressed?"*

*Life is  
beautiful!" is  
like saying  
"why do you  
have asthma?"*

*There is so  
much air!"*



*People in chronic pain pay and pay  
dearly for having fun, and for  
having good days.*

*So cherish anyone with chronic  
pain who chooses to spend their  
time with you.*

*It costs them so much*



*Jesus seeks to be close to us in  
our time of need.  
The handle is on the other side.  
Will you let Him in?*

*Trust me,  
most addicts  
don't need help  
hating themselves.*



*Sometimes  
miracles are  
just good people  
with kind hearts.*

**Courage doesn't  
always roar.  
Sometimes courage  
is the little voice  
at the end  
of the day that says  
'I will try again  
tomorrow'**



People rush to get rid of grief  
because they see it as hanging  
onto loss. But grief is really  
hanging onto love - which is why  
you always feel it.

I am not anonymous.  
I am not ashamed.  
What used to be my *mess*  
is now my *message*.  
There's life after addiction.  
And I pray that everyone  
finds it.

Behind  
every strong  
person is a  
story that  
gave them  
no choice.





**SOMETIMES WE JUST  
MISS THE POINT**

