## On Rejoicing ...

We are instructed to rejoice always. This is impossible without God. Yet even with God, if we be honest, this is not always easy. I know all the methods. Deny self, focus on Him and others, make a "I'm thankful for " list, etc. Sometimes none of it works, at least not as quickly as we would like.

There are times when the thing to do is except the fact we are sad, look forward to better days, and strive to do all we can to make this time of sadnes profitable. But it still is not easy.

I have been sad lately. I miss my loved ones. I have two large photo's of my son, Jesse, and his son, Wayne, in really nice frames I had a brother make up special, on my wall. I want to be a part of their lives. I miss them so bad it hurts. It hurts.

Please pray for me. I am at 10 years in, or pretty near that. they call it the ten year hump and it is rough. I may be out in five, maybe even a little less, but right now that seems like forever!

God bless you all, and remeber, it is the bad days that make the good days good!

russ