



## ***HERE'S WHAT I CAN DO***

Did you ever think about your potential to grow in the face of life's greatest challenges or suffering? When everything that I can do for myself fails me, when my control cannot accomplish what I need done, I basically have two choices as a response—joy or bitterness. And, there is power in choosing joy!

Your joy is not based upon any of life's actual circumstances. As you grow in spirituality, you grow in the understanding of how much of the joy in your life you control.

Here's the one thing you can do, no matter what crisis or change confronts you at the moment.

Whether you feel beaten down by disappointment and discouragement;

Or you're having the kind of day when the medical report doesn't look real good; you're going through cancer treatment;

Or you lost your job; your debts seem endless;

Or your best friend or marital partner died;

Or you can't seem to get the job you prepared for, worked for and deserve;

Or your business is struggling;

Or your marriage is in peril; you're going through a divorce.

It doesn't matter what the obstacle is.

Joy is often the only thing you can do about it.

The knowledge of how to live a joyful life will transform, illuminate and unshackle your life. The Power of Joy is your ability to win and accomplish your dreams, even when outwardly it may appear that you're in a losing situation.

And so, today we confidently sing the lyrics of the familiar gospel hymn written by The Reverend W. C. Martin...

*I trust in God, wherever I may be.*

*Upon the land or on the stormy sea.*

*For come what may, from day to day.*

*My heavenly Father watches over me...*

*I trust in God; I know He cares for me.*

Rosemary grew up, surrounded by a large family and burgeoning circle of friends. When she was in college, she met and fell in love with her soulmate. Today, she credits joy and faith for giving her the ability to celebrate life to the fullest and to live for many years half way around the world, on the continent of Africa—thousands of miles away from that comforting, familiar circle of family.

She has reared her own family in Lagos, Nigeria. Her attractive, articulate children, who have been educated in the USA and in London, bear a remarkable resemblance to their strikingly beautiful mother. Rosemary's joy comes from the confidence which she describes as "trusting God and knowing that He is with us, no matter where we are."

Whenever I see her, dressed in elegant African attire, I still see the lovely teenager that I remember, but I see so much more. The adjustment must have been trying, particularly for someone so young—a different culture, environment, people. Yet, Rosemary is a living example of the triumph of joyful living.

*Every great dream begins with a dreamer.*

*Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.*

*—Harriet Tubman*

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