

something to say until you really are

o.k.

i know it hurts, but i also know that my God is greater than my weak heart

i promise to respect myself enough to not dwell in the past and cheat myself out of a future

i give myself permission to be happy again (maybe not now, but someday)

i promise to be kind to those who slap me on the cheek, but to be smart in not giving them the opportunity to hurt me again

i promise to grieve for a period of time, but to plant flowers in my soul again and let them grow into bigger, better dreams and aspirations

i will not isolate or punish myself

instead i will seek out other broken people like me and focus all my energy on supporting them in their journey through the valley

i accept the situation God has put me in and, although i never would've willingly chosen it, i choose to understand that this is right where i'm supposed to be and God knows what He is doing

i know that trust is a choice, not a feeling, and sometimes i won't feel like trusting God

i will trust that i will be okay someday, and that's it's okay if that day isn't today

i will keep myself guarded and safe from becoming too victorious when i reach an "up" (fully expecting a "down")

i will find a way to choose joy daily

