

**This Week's Message: Adversity**  
**By Ellie Lingner**

**Adversity: n. 1. a state of wretchedness or misfortune; poverty and trouble 2. an instance of misfortune; calamity.**

**There is adversity--getting a parking ticket. And there is adversity--someone you love getting a serious illness. Every life is full of adversity. If we agree on that, we get to figure out how to handle it.**

Perspective is the answer. You handle the small adversities with grace. Pay the parking ticket and move on. The adversities with a capital A are a bit harder to handle.

First assess if there is anything you can do to change the situation. If the answer is yes, do it. If the answer is no, figure out whatever you can to help. If there is nothing at all you can do, change the way you think about it.

One of the great things about being human is that you always have choices. You've all seen the movies or read the books about kids who come out of terrible circumstances and become wildly successful while all those around them are sinking into the oblivion of their circumstances. Both are facing adversity, but in a quite different way.

When faced with adversity the thing to remember is that it does not have to be the end of the world---whatever it is. It may seem that way at the time, but life does go on. It is how it goes on that counts. Do you carry a chip on your shoulder, a depression on your back, a grudge against your maker, or do you try to get your head around the fact that bad things do, indeed, happen to good people...for reasons that may never be clear. Your job, your challenge, is to move past the adversity and make a good life.

**Week's Quotes:**

*"Gold is tried by fire, brave men by adversity." Seneca, Roman philosopher, mid-first century.*

*"Any man can win when things go his way. It's the man who overcomes adversity that is the true champion." Jock Ewing.*

*"It is prosperity that gives us friends, adversity that proves them." Proverb.*

*"He who wants a place in the sun should expect blisters."*

*"It takes both rain and sunshine to make a rainbow."*

*"In prosperity, our friends know us. In adversity, we know our friends." John Churton Collins.*

*"Celebrate your success and stand strong when adversity hits, for when the storm clouds come in, the eagles soar while the small birds take cover."*

*“You don’t develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity.” Epicurus, Greek philosopher, BC 341-270.*

*“Sometimes adversity is what you have to face in order to become successful.” Zig Ziglar, American motivation speaker and author.*

*“It takes two things to blow down a tree: a heavy wind outside and rot and decay inside. So it is with man. The winds of adversity may cause him to bend, but if he’s strong and vigorous within, he will arise and grow to new heights after the storm passes.”*

*“Adversity causes some men to break and others to break records.”*