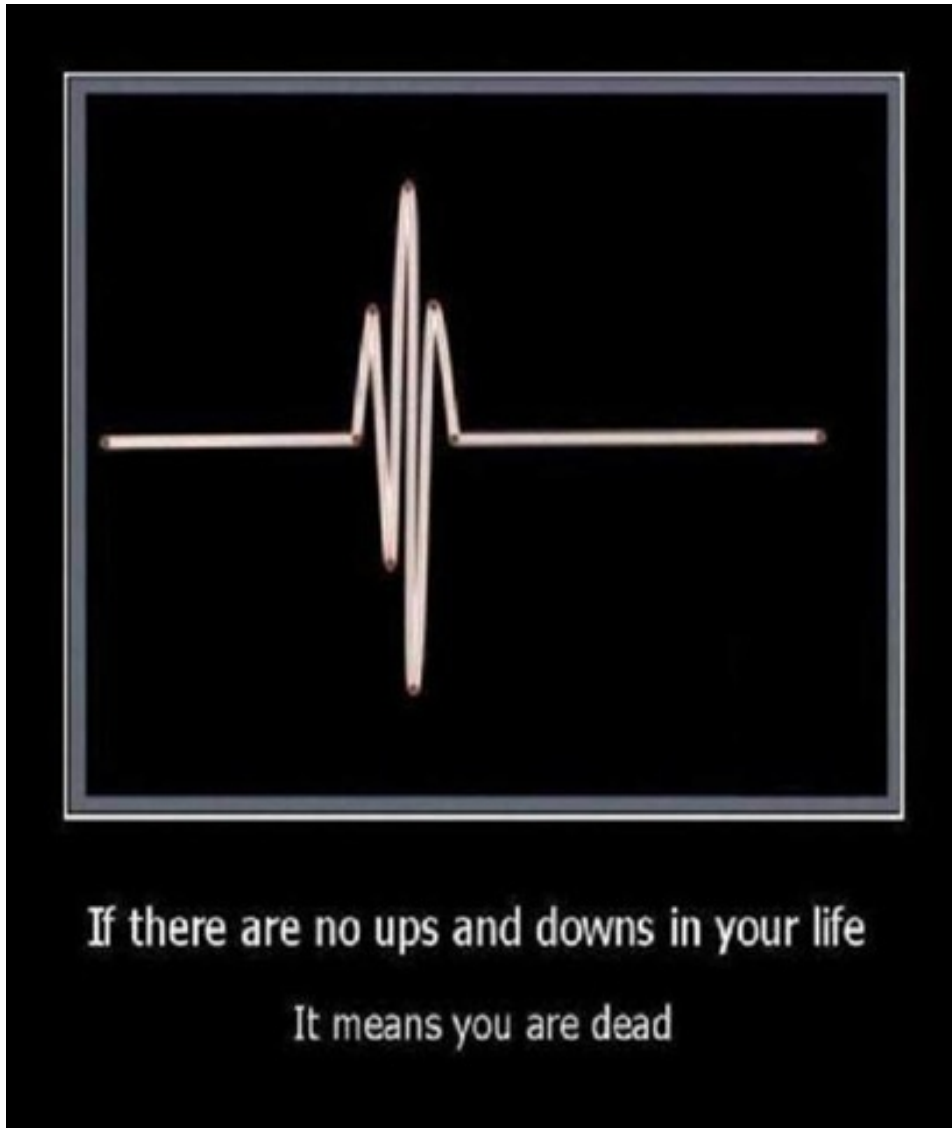


## Anticipate life's ups and downs



Life is like a roller coaster: it has its ups and downs, but it's your choice to scream or enjoy the ride.

### **Life's ups and downs:**

#### **Are inevitable**

Life is a series of ups and downs. The cycles run daily (my morning goes well, the afternoon stinks), weekly (Monday is a bummer, Tuesday gets better), monthly, and yearly. It's unreasonable and impossible to stay on the top side of the cycle, but neither should we acquiesce to staying on the down side. Having ups and downs is the status quo.

#### **Take on different forms**

We'll oscillate in most areas of life: emotional, physical, financial, spiritual, and others. One day we'll feel elated, the next day we'll feel discouraged. We'll enjoy good health for a season, then suffer from sinus infection for six weeks. For years we'll be financially plush, then go through times of want. Spiritually, we'll experience droughts and seasons of plenty.

#### **Most ups and downs are temporary**

The story is told of an Eastern monarch who charged his wise men to invent a sentence which would be true and appropriate in all times and situations. Following months of careful thought, they presented him this sentence, "And this too, shall pass away."

Abraham Lincoln, upon hearing this anecdote, commented, "How much it expresses! How chastening in the hour of pride! How consoling in the depths of affliction!"

Good times don't last forever, but neither do difficult times.

[This brings up another thought which I'll pursue in another post: during times of prosperity we should prepare for times of adversity.]

## **Should not be experienced alone**

A burden shared is a burden halved; a joy shared is a joy doubled. Don't experience life's peaks and valleys by yourself; you need a soulmate (or several) with whom you can bear your soul. When we wrestle with challenges, alone, we'll be thrown to the mat. When we celebrate happiness, alone, it will be lacking. We need to share our life experiences with people who care and we need to reciprocate and be attentive to them.