



'Abdu'l-Bahá wrote: "Grief and sorrow do not come to us by chance; they are sent by the Divine Mercy for our perfecting. When grief and sorrow come, then will a man remember his Father Who is in Heaven, Who is able to deliver him from his humiliations. The more a man is chastened, the greater is the harvest of spiritual virtues shown forth by him." For me, it has often been hard to remember that the sorrows are actually purposeful, but even thinking of a difficulty as having a meaningful cause somehow makes it a little easier to bear, like it's some sort of puzzle. We seem to love puzzles. How else can one explain the hours we spend trying to remove a spyware virus (if you own a PC) before dragging it off to the techies who really know what they're doing?

Comfort also comes from knowing that hardships pass in time. The final, big hurdle for me is not to only endure hardship with something resembling the grace I see exercised so well by those plainly more mature than I, but to even be thankful for it -and be sincere in my gratitude.

There's no chance that life can just be steady and great, but given the joy of the peaks and knowing the lows are a mercy to the growth of our souls towards God, I hope that, in time, I'll become a little more accepting of this roller coaster of life, especially since we've spent all our ribs gift certificates.

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