

Adversity

Bible	
2 Corinthians 4:17	These little troubles are getting us ready for an eternal glory that will make all our troubles seem like nothing.
2 Corinthians 12:10	Since I know it is all for Christ's good, I am quite content with my weaknesses and with insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.
Galatians 6:2	Carry each other's burdens, and in this way you will fulfill the law of Christ.
Hebrews 22:5	Whom the Lord loveth He chasteneth.
Isaiah 48:10	Behold, I have refined thee, but not with silver; I have chosen thee in the furnace of affliction.
Job 5:19	From six calamities he will rescue you; in seven no harm will befall you.
Job 23:10	But he knows the way that I take; when he has tested me, I will come forth as gold.
John 16:33	"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
Lamentations 3:31-33	For men are not cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unending love. For he does not willingly bring affliction or grief to the children of men.
Matthew 6:34	Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.
Matthew 7:13-14	Enter through the narrow gate. The gate that leads to damnation is wide, the road is clear, and many choose to travel it. But how narrow is the gate that leads to life, how rough the road, and how few there are who find it.
Matthew 11:28-30	Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.
Matthew 23:3-4	Do not do as they do, for they do not practice what they teach. They tie up heavy burdens, hard to bear, and lay them on the shoulders of others; but they themselves are unwilling to lift a finger to move them.
Micah 7:8-9	Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light. Because I have sinned against him, I will bear the Lord's wrath, until he pleads my case and establishes my right. He will bring me out into the light; I will see his righteousness.
Nahum 1:7	The Lord is good, a refuge in times of trouble. He cares for those who trust in him.
Psalm 9:9	The Lord is a refuge for the oppressed, a stronghold in time of trouble.
Psalm 18:2	The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.
Psalm 18:28	You, O Lord, keep my lamp burning; my God turns my darkness into light.
Psalm 22:24	For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.
Psalm 32:7	You are my hiding place; and you will protect me from trouble and surround me with songs of deliverance.
Psalm 34:19	A righteous man may have many troubles, but the Lord delivers him from them all.
Psalm 37:24	Though he stumble, he will not fall, for the Lord upholds him with his hand.
Psalm 37:39	The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.
Psalm 46:1-3	God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though the waters roar and foam and the mountains quake with their surging.
Psalm 55:22	Cast your burden on the Lord, and he will sustain you.
Psalm 71:20	Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.
Psalm 73:26	My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
Psalm 91:10-11	Then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways.
Psalms 126:5	They that sow in tears shall reap joy.

Psalm 138:7	Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.
Romans 8:28	We know that in all things God works for the good of those who love him, who have been called according to his purpose.
Man	
Joseph Addison	Our real blessings often appear to us in the shapes of pains, losses, and disappointments; but let us have patience; and we soon shall see them in their proper figures.
Aeschylus	The reward of suffering is experience.
Aesop	Men often bear little grievances with less courage than they do large misfortunes.
Louisa May Alcott	I'm not afraid of storms, for I'm learning to sail my ship.
Eric Allenbaugh	Painful as it may be, a significant emotional event can be the catalyst for choosing a direction that serves us--and those around us -- more effectively. Look for the learning.
Barbara De Angelis	You don't develop courage by being happy in your relationships everyday. You develop it by surviving difficult times and challenging adversity.
James H. Aughey	Afflictions are but conductors to immortal life and glory.
James H. Aughey	As every mercy is a drop obtained from the ocean of God's goodness, so every affliction is a drachm weighed out in the wisdom of God's providence.
James H. Aughey	The wisdom of God appears in afflictions. By these He separates the sin which He hates, from the son whom He loves. By these thorns He keeps him from breaking over into Satan's pleasant pastures, which would fatten him indeed, but only to the slaughter.
St. Augustine	God had one son on earth without sin, but never one without suffering.
Maltbie Davenport Babcock	Present suffering is not enjoyable, but life would be worth little without it. The difference between iron and steel is fire, but steel is worth all it costs. Iron ore may think itself senselessly tortured in the furnace, but when the watch-spring looks back, it knows better. David enjoyed pain and trouble no more than we do, but the time came when he admitted that they had been good for him. Though the aspect of suffering is hard, the prospect is hopeful, and the retrospect will start a song, if we are "the called according to his purpose," in suffering.
Francis Bacon	Prosperity doth best discover vice; but adversity doth best discover virtue.
Francis Bacon	Prosperity is not without many fears and distaste; adversity not without many comforts and hopes.
Honore de Balzac	The winter's frost must rend the burr of the nut before the fruit is seen. So adversity tempers the human heart, to discover its real worth.
H.K. Barclay	When walking through the "valley of shadows," remember, a shadow is cast by a Light.
Bernard M. Baruch	The art of living lies less in eliminating our troubles than in growing with them.
Henry Ward Beecher	Adversity, if for no, other reason, is of benefit, since it is sure to bring a season of sober reflection. Men see clearer at such time. Storms purify the atmosphere.
Henry Ward Beecher	Men think God is destroying them because he is tuning them. The violinist screws up the key till the tense cord sounds the concert pitch; but it is not to break it, but to use it tune-fully, that he stretches the string upon the musical rack.
Henry Ward Beecher	Affliction comes to us, not to make us sad but sober; not to make us sorry but wise.
Henry Ward Beecher	We are always on the anvil; by trials God is shaping us for higher things.
Taylor Benson	It is during our darkest moments that we must focus to see the light.
Josh Billings	Adversity has the same effect on a man that severe training has on the pugilist -- it reduces him to his fighting weight.
Anne Bradstreet	If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.
Garth Brooks	Some of God's greatest gifts are unanswered prayers.
Les Brown	Anytime you suffer a setback or disappointment, put your head down and plow ahead.
Les Brown	Just because Fate doesn't deal you the right cards, it doesn't mean you should give up. It just means you have to play the cards you get to their maximum potential.
William C. Bryant	Difficulty, my brethren, is the nurse of greatness --a harsh nurse, who roughly rocks her foster-children into strength and athletic proportion.
	Trials, temptations, disappointments -- all these are helps instead of hindrances, if one uses them rightly. They not

James Buckham	only test the fiber of character but strengthen it. Every conquering temptation represents a new fund of moral energy. Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before.
Buddy Buie	Rock bottom is good solid ground, and a dead end street is just a place to turn around.
Edmund Burke	He that struggles with us strengthens our nerves, and sharpens our skill. Our antagonist is our helper.
Robert Burton	If adversity hath killed his thousands, prosperity hath killed his ten thousands; therefore adversity is to be preferred. The one deceives, the other instructs; the one miserably happy, the other happily miserable.
Lord Byron	Adversity is the first path to truth.
Emilie Cady	Men stumble over pebbles, never over mountains.
Mary Case	No pressure, no diamonds.
M Kathleen Casey	Pain is inevitable, suffering is optional.
Willa Cather	There are some things you learn best in calm, and some in storm.
Oswald Chambers	When a man gets to despair he knows that all his thinking will never get him out. He will only get out by the sheer creative effort of God. Consequently he is in the right attitude to receive from God that which he cannot gain for himself.
Edwin Hubbel Chapin	Tribulation will not hurt you, unless as it too often does; it hardens you and makes you sour, narrow and skeptical.
Edwin Hubbell Chapin	The brightest crowns that are worn in heaven have been tried and smelted and polished and glorified through the furnace of tribulation.
Gilbert K. Chesterton	Do not free the camel of the burden of his hump; you may be freeing him from being a camel.
Gilbert K. Chesterton	One sees great things from the valley; only small things from the peak.
Jerry Chin	And when it rains on your parade, look up rather than down. Without the rain, there would be no rainbow.
I Ching	Adversity breaks the inferior man's will but only bends the superior man's spirit. Outward influence is denied the great man, who accordingly uses words sparingly but retains his central position.
Winston Churchill	If you're going through hell, keep going.
Robert Collier	In every adversity there lies the seed of an equivalent advantage. In every defeat is a lesson showing you how to win the victory next time.
Charles Caleb Colton	There are three modes of bearing the ills of life, by indifference, by philosophy, and by religion.
Charles Caleb Colton	He that has never known adversity is but half acquainted with others, or with himself.
James E. Conner	Are there conditions in the lives of people so discouraging, so defeating, that human beings – regardless of inherent potentiality are doomed to lives of quiet desperation? Or are there also seeds of possibility in people, an urge for becoming that which is so strong that the hard crust of adversity is breached?
Leonardo da Vinci	Obstacles cannot crush me; every obstacle yields to stern resolve.
Danny Devito	In order for the light to shine so brightly, the darkness must be present.
Thomas Edison	There is great value in disaster. All our mistakes are burned up. Thank God we can start anew.
Albert Einstein	In the middle of every difficulty lies opportunity.
Mary Engelbreit	If you don't like something change it; if you can't change it, change the way you think about it.
Epictetus	Common and vulgar people ascribe all ills that they feel to others; people of little wisdom ascribe to themselves; people of much wisdom, to no one.
Epictetus	To accuse others for one's own misfortunes is a sign of want of education. To accuse oneself shows that one's education has begun. To accuse neither oneself nor others shows that one's education is complete.
Euripides	Human misery must somewhere have a stop: there is no wind that always blows a storm.
Rev. John Flavel (2)	God kills thy comforts from no other design but to kill thy corruptions; wants are ordained to kill wantonness, poverty is appointed to kill pride, reproaches are permitted to destroy ambition.
Frederick Ferre	A time of disarray is also a moment of opportunity.
Henry Fielding	He that can heroically endure adversity will bear prosperity with equal greatest of the soul; for the mind that cannot be dejected by the former is not likely to be transported without the latter.
Malcolm S. Forbes	When things are bad, we take comfort in the thought that they could always get worse. And when they are, we find hope in the thought that things are so bad they have to get better.

Elias A. Ford	Every hardship; every joy; every temptation is a challenge of the spirit; that the human soul may prove itself. The great chain of necessity wherewith we are bound has divine significance; and nothing happens which has not some service in working out the sublime destiny of the human soul.
Henry Ford	Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and grieves which we endure help us in our marching onward.
Harry Emerson Fosdick	He who knows no hardships will know no hardihood. He who faces no calamity will need no courage. Mysterious though it is, the characteristics in human nature which we love best grow in a soil with a strong mixture of troubles.
Erich Fromm	Who will tell whether one happy moment of love or the joy of breathing or walking on a bright morning and smelling the fresh air, is not worth all the suffering and effort which life implies.
Robert C. Gallagher	Even if you fall on your face, you're still moving forward.
Gesser	Forget the times of your distress, but never forget what they taught you.
André Gide	I owe much to my friends; but, all things considered, it strikes me that I owe even more to my enemies. The real person springs life under a sting even better than under a caress.
Arnold H. Glasgow	Nothing splendid was ever created in cold blood. Heat is required to forge anything. Every great accomplishment is the story of a flaming heart.
Arthur Golden	Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are.
Harry Golden	The only thing that overcomes hard luck is hard work.
Oliver Goldsmith	Aromatic plants bestow no spicy fragrance while they grow; but crush'd or trodden to the ground, diffuse their balmy sweets around.
Hanmer Parsons Grant	We must free ourselves of the hope that the sea will ever rest. We must learn to sail in high winds.
Sir Fulke Greville	It is often better to have a great deal of harm happen to one than a little; a great deal may rouse you to remove what a little will only accustom you to endure.
Edward Everett Hale	Never bear more than one kind of trouble at a time. Some people bear three kinds; all they have had, all they have now, and all they expect to have.
Tom Hanks	If it wasn't hard, everyone would do it. It's the hard that makes it great.
Woody Hayes	There's nothing that cleanses your soul like getting the hell kicked out of you.
William Hazlitt	Prosperity is a great teacher; adversity is a greater. Possession pampers the mind; privation trains and strengthens it.
Heartland Advisor	It takes a real storm in the average person's life to make him realize how much worrying he has done over the squalls.
Ernest Hemingway	The world breaks everyone and afterward many are stronger at the broken places.
Napoleon Hill	Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.
Roswell Dwight Hitchcock	There are minerals called hydrophanous, which are not transparent till they are immersed in water, when they become so; as the hydrophane, a variety of opal. So it is with many a Christian. Till the floods of adversity been poured over him, his character appears marred and clouded by selfishness and worldly influences. But trials clear away the obscurity, and give distinctness and beauty to his piety.
Oliver Wendell Holmes	If I had a formula for bypassing trouble, I would not pass it round. Trouble creates a capacity to handle it. I don't embrace trouble; that's as bad as treating it as an enemy. But I do say meet it as a friend, for you'll see a lot of it and had better be on speaking terms with it.
Lou Holtz	Show me someone who has done something worthwhile, and I'll show you someone who has overcome adversity.
Horace	A heart well prepared for adversity in bad times hopes, and in good times fears for a change in fortune.
Horace	Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant.
Horace	Adversity reveals genius, prosperity conceals it.
Bishop Horne	Adversity borrows its sharpest sting from our impatience.
Doug Horton	The harder you fall, the higher you bounce.
Todd Houston	Through faith in God and a belief in the abilities that God gives you, you can overcome whatever challenges you face in life.
Edgar Watson Howe	Abuse a man unjustly, and you will make friends for him.
Elbert Hubbard	The man who has no problems is out of the game.

Washington Irving	Little minds are tamed and subdued by misfortune; but great minds rise above them.
William James	Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.
Johnson	If the career you have chosen has some unexpected inconvenience, console yourself by reflecting that no career is without them.
Samuel Johnson	Adversity is the state in which man mostly easily becomes acquainted with himself, being especially free of admirers then.
Allyson Jones	If I could wish for my life to be perfect, it would be tempting, but I would have to decline, for life would no longer teach me anything.
Charles "Tremendous" Jones	Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be.
Ben Jonson	He knows not his own strength that hath not met adversity.
Carl Jung	We deem those happy who from the experience of life have learnt to bear its ills without being overcome by them.
Ryszard Kapuscinski	Life is truly known only to those who suffer, lose, endure adversity and stumble from defeat to defeat.
Mary Kay	One of the secrets to success is to refuse to let temporary setbacks defeat us.
John Keats	Do you not see how necessary a world of pains and troubles is to school an intelligence and make it a soul?
Helen Keller	The marvelous richness of human experience would lose something of rewarding joy if there were not limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse.
Helen Keller	Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.
Helen Keller	I thank God for my handicaps, for through them, I have found myself, my work and my God.
Helen Keller	Life is a succession of lessons which must be lived to be understood.
Thomas A Kempis	Our dependence upon God ought to be so entire and absolute that we should never think it necessary, in any kind of distress, to have recourse to human consolations.
Thomas P Kempis	As iron put into the fire loseth its rust and becometh clearly red-hot, so he that wholly turneth himself unto God puts off all slothfulness, and is transformed into a new man.
Martin Luther King Jr.	The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.
Martin Luther King Jr.	We are all challenged on every hand to work untiringly to achieve excellence in our life work. Not all men are called to specialized or professional jobs; even fewer rise to the heights of genius in the arts and sciences, many more are called to be laborers in factories, fields and streets. But no work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence. If a man is called to be a street sweeper, he should sweep even as Michael Angelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the host of heaven and earth will pause to say, "Here lived a great street sweeper who did his job well."
Henry Kissinger	Each success only buys an admission ticket to a more difficult problem.
Ann Landers	Trouble is the common denominator of living. It is the great equalizer.
	16) Everyone has problems. It isn't the problems themselves that are harmful. It's letting them block you from feeling the powerful force that God has given you to compensate for them. Linda LaRocque
Thomas E. Lawrence	There could be no honor in a sure success, but much might be wrested from a sure defeat.
Robert Leighton	Adversity is the diamond dust Heaven polishes its jewels with.
George Leonard	In terms of the game theory, we might say the universe is so constituted as to maximize play. The best games are not those in which all goes smoothly and steadily toward a certain conclusion, but those in which the outcome is always in doubt. Similarly, the geometry of life is designed to keep us at the point of maximum tension between certainty and uncertainty, order and chaos. Every important call is a close one. We survive and evolve by the skin of our teeth. We really wouldn't want it any other way.
Georg C. Lichtenberg	It is in the gift for employing all the vicissitudes of life to one's own advantage and to that of one's craft that a large part of genius consists.

Malcolm X	Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change.
Og Mandino	Search for the seed of good in every adversity. Master that principle and you will own a precious shield that will guard you well through all the darkest valleys you must traverse. Stars may be seen from the bottom of a deep well, when they cannot be discerned from the mountaintop. So will you learn things in adversity that you would never have discovered without trouble. There is always a seed of good. Find it and prosper.
Moliere	The greater the obstacle, the more glory in overcoming it.
Friedrich Nietzsche	He who has a why to live can bear almost any how.
Friedrich Wilhelm Nietzsche	That which does not kill me makes me stronger.
Richard M. Nixon	The finest steel has to go through the hottest fire.
Leroy "Satchel" Paige	Never let your head hang down. Never give up and sit down and grieve. Find another way. And don't pray when it rains if you don't pray when the sun shines.
Norman Vincent Peale	Problems are to the mind what exercise is to the muscles, they toughen and make strong.
Norman Vincent Peale	Positive thinkers get positive results because they are not afraid of problems. In fact, rather than thinking of a problem as something that is negative and ought to be removed as quickly as possible, they see problems were a sign of life.
Norman Vincent Peale	The only people I know who don't have any problems are dead, so if you have no problems at all - I warn you - you're in grave jeopardy, you're on your way out and you don't know it.
Robert Pecci	Look for and you will find a positive side to even the worst of tragedies. Then embrace it, and let go of the negative.
Robert Pecci	Life isn't about problems, it's about challenges. Meeting them head on and overcoming them.
Robert Pecci	You can't run away from your problems. The only way to overcome them is to face them head on. So acknowledge your problems, commit to changing them and take action.
Albert Pike	That which causes us trials shall yield us triumph: and that which make our hearts ache shall fill us with gladness. The only true happiness is to learn, to advance, and to improve: which could not happen unless we had commence with error, ignorance, and imperfection. We must pass through the darkness, to reach the light.
Plutarch	Those who aim at great deeds must also suffer greatly.
Laurens Van du Post	The depth of darkness to which you can descend and still live is an exact measure of the height to which you can aspire to reach.
Danish Proverb	Bad is never good until worse happens.
English Proverb	A smooth sea never made a skillful mariner.
Italian Proverb	Not everything which is bad comes to hurt us.
Jewish Poverb	I ask not for a lighter burden, but for broader shoulders.
Maori Proverb	Turn your face to the sun and the shadows fall behind you.
Persian Proverb	The drowning man is not troubled by rain.
Russian Proverb	If the thunder is not loud, the peasant forgets to cross himself.
Scottish Proverb	Any port in a storm.
Mary Caroline Richards	Am I willing to give up what I have in order to be what I am not yet? Am I able to follow the spirit of love into the desert? It is a frightening and sacred moment. There is no return. One's life is charged forever. It is the fire that gives us our shape.
Cavett Robert	If we study the lives of great men and women carefully and unemotionally we find that, invariably, greatness was developed, tested and revealed through the darker periods of their lives. One of the largest tributaries of the RIVER OF GREATNESS is always the STREAM OF ADVERSITY.
Will Rogers	The worst thing that happens to you may be the best thing for you if you don't let it get the best of you.
Elizabeth Kubler Ross	People are like stained -- glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.
Theodore Rubin	The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.
John Ruskin	The highest reward for a man's toil is not what he gets for it, but what he becomes by it.
Lee Salk	When it gets dark enough you can see the stars.
Dorothy L. Sayers	Trouble shared is trouble halved.
Robert H. Schuller	Every burden is a blessing.
Robert H. Schuller	Tough times never last, but tough people do.
Seneca	We become wiser by adversity; prosperity destroys our appreciation of the right.

Merle Shain	One often learns more from ten days of agony than from ten years of contentment.
Henry Wheeler Shaw	As the flint contains the spark, unknown to itself, which the steel alone can awaken to life, so adversity often reveals to us hidden gems, which prosperity or negligence would forever have hidden.
John A. Simone, Sr.	If you're in a bad situation, don't worry it'll change. If you're in a good situation, don't worry it'll change.
Samuel Smiles	The battle of life is, in most cases, fought uphill; and to win it without a struggle were perhaps to win it without honor. If there were no difficulties there would be no success; if there were nothing to struggle for, there would be nothing to be achieved.
Socrates	If all misfortunes were laid in one common heap whence everyone must take an equal portion, most people would be contented to take their own and depart.
Sophocles	It is a painful thing to look at your own trouble and know that you yourself and no one else has made it.
Source Unknown	Adversity is a fact of life. It can't be controlled. What we can control is how we react to it.
Source Unknown	Breakdowns can create breakthroughs. Things fall apart so things can fall together.
Source Unknown	How can something bother you if you won't let it?
Source Unknown	Put your troubles in a pocket with a hole in it.
Source Unknown	If the going is real easy, beware, you may be headed down hill and don't know it.
Source Unknown	If your cup seems too bitter, if your burden seems to heavy, be sure that it is the wounded hand that is holding the cup, and that it is me who carried the cross that is carrying the burden.
Source Unknown	In times of storm, the shallowness of the root structure is revealed.
Source Unknown	No man is more unhappy than the one who is never in adversity; the greatest affliction of life is never to be afflicted.
Source Unknown	Nothing bad ever happens without equal or growth.
Source Unknown	Adersity introduces a man to himself.
Source Unknown	The finest steel gets sent through the hottest furnace.
Source Unknown	Troubles are like babies; they only grow bigger by nursing.
Source Unknown	The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge, while an ordinary man takes everything as a blessing or a curse.
Source Unknown	The more challenging the path, the more rewarding the journey or outcome.
Source Unknown	Change the way you think about stressful situations. View them as an opportunity to improve yourself rather than letting them get you down.
Source Unknown	We have no right to ask when sorrow comes, Why did this happen to me? Unless we ask the same question for every moment of happiness that comes our way.
Source Unknown	A bend in the road is not the end of the road... unless you fail to make the turn.
Source Unknown	The difference between stumbling blocks and stepping stones is how you use them.
Source Unknown	There will be no crown bearers in heaven who are not cross bearers on earth.
Source Unknown	We need tough days to drive us to our knees.
Source Unknown	When I dig another out of trouble, the hole from which I lift him is the place where I bury my own.
Eric Strife	Adversity is merely an obstacle, those who are wise simply walk through it.
Madame Anne Sophie Swetchine	Those who have suffered much are like those who know many languages; they have learned to understand and be understood by all.
Publius Cornelius Tacitus	Many who seem to be struggling with adversity are happy; many, amid great affluence, are utterly miserable.
Mother Teresa	I know God will not give me anything I can't handle. I just wish that He didn't trust me so much.
Steven V. Thulon	Conflict builds character. Crisis defines it.
Vincent Van Gogh	As we advance in life it becomes more and more difficult, but in fighting the difficulties the inmost strength of the heart id developed.
William A. Ward	Adversity causes some men to break, others to break records.
Phil Weltman	The path of least resistance is the path of the loser.
Ella Wheeler Wilcox	It is easy enough to be pleasant, When life flows by like a song. But the man worth while is the one who can smile, when everything goes dead wrong. For the test of the heart is troubled, And it always comes with the years. And the smiles that is worth the praises of earth is the smile that shines through tears.
	Always continue the climb. It is possible for you to do

Oprah Winfrey

whatever you choose, if you first get to know who you are and are willing to work with a power that is greater than ourselves to do it.

Oprah Winfrey

Turn your wounds into wisdom.

Mao Zedong

In time of difficulties, we must not lose sight of our achievements.

Zen Philosophy

When you learn to let go of your problems, instead of resisting them with all your might, your life will begin to flow.

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