

Sometimes the things that seem to
Hurt us the most
Are the very things
That bring out the best in us...
They are the struggles
That help us discover
The faith
We thought we'd lost...
The strength we didn't know we had...
The courage to let go of the past
And begin again...
Because challenges help us to see
Who we really are,
Where we want to go, and what our lives can be
If only we have faith and keep on trying

