

## **LIFE WILL BE GOOD AGAIN**

Rhonda Lane

Seven years ago tonight I went to bed for the first time as a widow. Lost, alone, and so very afraid.

I wasn't sure I'd even make it through the night. But I did.

The sun rose the next day, and the day after, and the day after.

My husband was gone. But I was still here.

The pain of those first few weeks was the most excruciating pain I have ever felt in my life. My lungs collapsed, my heart shattered as it was brutally ripped from my chest.

I was at the end of a dark tunnel struggling to breathe.

And then one day, a voice reached me through the darkness.

"Life will be good again, maybe not perfect but good."

It was steady and sure.

I was neither.

But still, I held onto that spark of hope through the tough weeks and months ahead.

I repeated the words to myself over and over again.

Life will be good again.

Life WILL be good again.

But only if I made it so. If I wanted to have a good happy life, I had to build it.

The spark became a flame. And that flame helped guide me out of the darkness.

Tonight, if you are at the end of that dark tunnel; if you are broken, if you think you will never heal, that you will never be happy again, I offer you the same hope my dear friend once offered me.

Shattered hearts do heal.

The pain will subside.

The memories will bring you more happiness than pain.

You will once again feel joy.

Life will be good again.

But only if you choose for it to be.

The sun will continue to rise. And the sun will continue to set. Whether you like it or not, time marches on. You can march with it or you can let time, and life, pass you by.

You don't heal with time, you heal with intention.

It won't be easy, in fact, it will be the hardest thing you ever do. Difficult things are never easy, but they are so worth it.

You are so worth it.

Tonight, seven years later, I give you a spark, it's up to you nourish it and grow the flame.

You are still here