

Lessons in Life

Regina Brett was a columnist at The Beacon Journal in Akron, Ohio. During that time, she was diagnosed and successfully treated for breast cancer. Regina is now a columnist for The Plain Dealer in Cleveland, Ohio. These are some of the lessons in life she wrote to celebrate growing older.

1. Life isn't fair, but it's still good.
2. Cry with someone. It's more healing than crying alone.
3. It's OK to get angry with God. He can take it.
4. When it comes to chocolate, resistance is futile.
5. It's OK to let your children see you cry.
6. Everything can change in the blink of an eye. But don't worry; God never blinks.
7. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
8. Believe in miracles.
9. God loves you because of who God is, not because of anything you did or didn't do.
10. Get outside every day. Miracles are waiting everywhere.
11. No matter how you feel, get up, dress up and show up.
12. Life isn't tied with a bow, but it's still a gift.

“May the Lord’s face radiate with joy because of you” Numbers 6:24