

Choosing Joy

I can CHOOSE to Grieve or to Praise God!

I can choose to mourn the loss of a dream or
I can choose to rejoice in the opportunity to make new dreams!
I can choose the way of the world and be silent or
I can choose to speak out and bring God glory through this.
I can choose to wear a mask and hide behind a fake smile or
I can choose to be real, no masks,
and have a countenance of joy because of God's peace in me.
I can choose to mourn the loss of a few moments or
choose to praise God for the current moments and the moments to come.
I can choose to grieve the loss of my dream delivery or
praise God that I gave birth to a healthy baby boy.
I can choose to linger in the pain from my trauma or
choose to rejoice that God has given me continued time on this earth.
I can choose to grieve how close I was to death or
rejoice that my life continues.
I can choose to mourn the close call with my uterus or
rejoice that I still have a uterus.
I can grieve the two hours after birth without my son or
rejoice in the third hour he was brought back to me.
I can grieve the moment he was ripped from my arms or
rejoice in the moment he was placed back in my arms.
I can grieve the 24 hours of strict bed rest after the birth or
rejoice in every minute I've had since then.
I can grieve the loss of sleep that first night as the nightmare continued in my mind or
rejoice that God helped me conquer my fear with this quickly.
I can grieve the loss of the first bath, first swaddle, and first diaper change I missed or
rejoice in the fact that I have many baths, swaddles and diaper changes to come.
I can mourn so much!
I can grieve the loss.
I can dwell on the negative.
Or I can make a choice to find the good.
I can choose to put Philippians 4:8 into practice.
I can mourn that I'm one of 3,000 to experience this or
praise God for entrusting me with this testimony!
I can grieve yesterday and the moments lost or
rejoice in today and the moments to come.
I choose to rejoice!
I choose to praise God!
I choose to believe that God has a plan and purpose through all of this!
I choose to glorify God!
I choose to be a testimony of God's faithfulness!
I choose to cling to God's promises!

**“You will keep in perfect peace him whose mind is steadfast,
because he trusts in you.”**

~Isaiah 26:3

