



LIFE CHALLENGES - A STRUGGLE OR A TEST OF COURAGE?

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All of us experience life challenges and we cannot discount the fact that it can either be a struggle or a test of courage to each one. Our mental well-being handles these struggles in life in different ways. Of course it depends on how much challenges are we faced with. But whatever they may be, it will surely pose as a test of our courage. Although I think it also depends on a person on how he takes it.

In general, we all undergo minor and major life challenges. Most of the time these define what our purpose in life is. We all have our ups and downs in life and we struggle our way out of it. We also try to move on and later cope with what life wants us to have. Apparently, we do not have any control over the circumstances that lie with it. It therefore causes us problems that give pressure to us while we try to get out of it.

In fact, life challenges can bring out the best and worst of us. It is not even simple and as we tread along the path of our journey of life, we encounter difficulties. We realize that after all, life is not that simple (hoping that it is). Trying to overcome life challenges can be very difficult. We do not only experience several challenges but there are also problems and setbacks that go with it. Well, even strong and resilient persons will be most likely hit with setbacks and life problems.

This is the part where we need to brace ourselves and take courage. We need to stand up again from where we fell. This will give us an edge because we can learn and have the ability to be able to face life challenges in the right manner. At the end we will realize that this is what it takes to be successful in life. More importantly, it allows us to experience a happier and fulfilled life. Yes, all we have to do is, if at first you don't succeed, then all you've got to do is try again.

I just think that the greatest life challenges are when we struggle to find love, security, and assurance of the true meaning of life. Actually, we are unable to get over and cope with the circumstances that surround us. There is one thing that I am very sure of and that is, when you get to have a relationship with God, we will be able to cope with all these things. He will give us the wisdom and knowledge for us to discover how to really respond to any given situation. The bottom line is, we need him in our life to direct our path and to be able to respond and overcome any given situation.

Only then could we truly say and realize that life challenges can either be a struggle or a test of courage.

Questions for discussion:

1. Have you experienced to be down and out with life challenges? How were you able to overcome it?
2. Were you tried and tested with these life challenges making you a better person? Explain your answer.
3. Do you always have the courage and that urge to never give up in whatever circumstances that you are faced with? Justify your answer.
4. Describe what kind of life challenges do you encounter and have you encountered.
5. If you will have to choose to describe life challenges, will it be a struggle or a test of courage? Explain further.