

# “When Adversity Strikes...Pay the Lessons of Your Experiences Forward with Love.”

A Madonarism by Madona Cole-Lacy 

**When adversity strikes:** by Madona Cole-Lacy and James A. Lacy

1. Regard everyday as a gift to you and your loved one, and live as meaningful a life as you can; letting love shine with every step you take.
2. Do not be despondent. Instead, be expectant and positive about your unique journey, knowing that what you put into your backpack for such a journey will have an impact on the outcome of that journey.
3. Do not in your mind figure out who you know will be there for you. You do not need the disappointment that will come when they do not pull through for you.
4. Be open to being ministered to in unexpected places, and embraced by people you ordinarily would not expect to “show you some love.” Be prepared to develop and maintain a reciprocal spirit that engenders hope and love when things look bleak for others.
5. Do not ask “Why Me?” No informed person asks this question anyway. “Why not you?” No one is exempt from the ups and downs of life, particularly when it comes to illness.
6. Find ways to stay connected to what you are passionate about individually and as a couple, and use them often to keep you connected to your spouse. Be the self-esteem and spirit booster!
7. Maintain open, honest, above board, caring and respectful communication with your spouse at all times.
8. Treat your spouse in exactly the same way you would like to be handled if you were walking in their shoes.
9. If you are the caregiver, try to be the advocate money can't buy for your spouse, particularly in securing and maintaining services and resources for them.
10. Do not lose sight of what you promised to do when you took your vows - to love, honor and fully embrace each other “in good times and in bad”.
11. Anticipate the often overlooked serious side effect of illness and be prepared to weather the storm of financial challenges. Do not let it wash your relationship into the sewer. Brighter days will come - by God's grace!
12. Be thankful for each day, laugh a lot, take time out to stop and smell the roses, keep love and romance alive...and last - but not least - position yourself to do the best that you can... and leave the rest to God.



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