

# Have hope during worst of times

Posted: Tuesday, September 26, 2017 10:52 am

It only takes so much devastation and disaster for a person to finally lose hope. One can only withstand so much pressure before cracking and becoming a disaster themselves.

As in-depth as this topic may be, it's a fact that unfortunate things happen, and we suffer consequences from these devastating events daily. We lose innocent people every day to monsters. These "monsters" are things that make you lose hope and hold you hostage against your potential, making you question why the events took place, making you yearn for your own biased take on normalcy. These thoughts are the very thing that divide the human mind itself, making it question every bit of every choice you make.

I encourage you to acknowledge the suffering and pain that captures and surrounds you when disasters come. Because if you just shrug them off, you may realize later they did matter. It hurt, and you let it go by unnoticed.

Instead, although times may be rough for you, you need to look at the positive aspect of things. These are the thoughts that will help you get through. Know that life's worth living. Every precious moment, detail, choice and breath is worth taking. Everything is just another lesson. There is hope and faith in the darkest of times, even in the smallest places and ideas; we just need to remember that they exist.

In your scenario, you may ponder where faith is, or what it does for you. Let me tell you everything requires faith, and even the tiniest bit goes a long way, impacting others in major ways. The smallest compliment or conversation can create a positive influence that can spread virally. Even in times of doubt, believe, have faith and be strong.

Sometimes humanity seems to tear each other down more than praising one another. Look at yourself in a mirror: Observe your face, look at every imperfection you believe you have. Then erase your negative thoughts. Look at yourself, and ask yourself who you are and what defines you as a person. Now, look at yourself and say, "I'm good enough, wanted, and I'm here for a purpose." We need to do a better job at putting ourselves higher on our own to-do list.

The point of this is that you play an important role in your life, so don't let anything rob you of your potential. Remember we are all still learning and growing. Even the wisest lack knowledge.



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Taylor Denvit

When those hard times come, just remember this, from J.K. Rowling: “Happiness can be found in the darkest times, if only one remembers to turn on the light.”

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