You are allowed to scream.
You are allowed to cry.
You are allowed to swear.
But…
Do. Not. Give. Up

Lord, there are times when I am mad… ticked right off… fed up and frustrated with what I am going through!
When I am pushed to my breaking point, I am going to scream and swear and cry and maybe even stomp my feet, slam a door or hold my breath until I turn blue.
Then Lord, I am going to dry my tears, dust myself off and reach for your hand so you can lift me up. Because for every reason I have to quit, I have ten reasons to keep going.
I.WILL.NOT.GIVE.UP
AMEN!