No matter how you feel;
Get up. Dress up. Show up.
But
Never. Give. Up

Lord, when I need it… drag me out of bed or off the couch… make me put on my clothes and my makeup…and kick my butt out the door. When I need it, don't be the 'still small voice' but get right in my face and shout at me to keep going.
Amen… AMEN!!