CommonSpirit

Sacred Stories

As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Compassion Inclusion Integrity Excellence Collaboration

Family, Friends, and Faith

TEXT

"A friend loves at all times. They are there to help when trouble comes."
– Proverbs 17:17

SACRED STORY

As an occupational therapy assistant, my job is to help people regain independence and, if possible, return to their previous living situations. I often see individuals who have to change their lifestyles due to an illness or injury.

This was the case with a patient I will call Grace. She had rheumatoid arthritis, which made tasks we take for granted—such as combing hair, brushing teeth, or getting out of bed—much more difficult. She also had a visual deficit that limited her activities.

Her smile, though, was big, bright, and contagious. She had a soft, soothing, gentle voice in which she explained that she had given up many of the things she enjoyed in life. She no longer baked pies, read novels, or played cards because her arthritis and vision problems made these pleasures too difficult.

However, every morning, she was bright, cheery, and unbelievably positive. Her attitude rubbed off on those around her. On the morning of her last therapy session, I asked how she remained so optimistic and positive day after day. She said, "Well, why shouldn't I? I have the three Fs in my life; family, friends, and faith. I thank God each day for those blessings."

She explained that those three things are really all an individual needs in life, and that without them life is meaningless—whether one is able-bodied or not. The simple words Grace spoke to me that morning have been etched into my mind. At that moment, I realized how selfish I can be and how much I have to be thankful for. Sometimes, we all think we deserve more out of life. At those moments, we should stop and think of the three Fs. There isn't anything we should be more thankful for than a loving family, good friends, and a strong faith.

From the Sacred Stories Archive

QUESTIONS FOR REFLECTION

What roles do friends, family, and faith play in your life?

What are you grateful for today?