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# **“The strong man will at times suffer, but he stands firm”**

The facade appears full of strength and resilience. But how much softness and lack of willpower there is within! You must hold to your determination not to let your virtues become fancy dress but clothes which define your character. (Furrow, 777)

3 June

No man, whether he be a Christian or not, has an easy life. To be sure, at certain times it seems as though everything goes as we had planned. But this generally lasts for only a short time. Life is a matter of facing up to difficulties and of experiencing in our hearts both joy and sorrow. It is in this forge that man can acquire fortitude, patience, magnanimity and composure.

The person with fortitude is one who perseveres in doing what his conscience tells him he ought to do. He does not measure the value of a task exclusively by the benefit he receives from it, but rather by the service he renders to others. The strong man will at times suffer, but he stands firm; he may be driven to tears, but he will brush them aside. When difficulties come thick and fast, he does not bend before them. (Friends of God, 77)

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