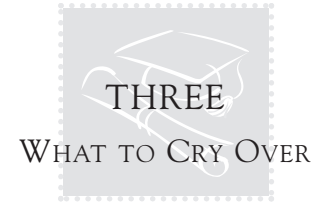


You keep track of all my sorrows.  
You have collected all my tears  
in your bottle.



— *Psalm 56:8, NLT*



There will be good days and bad days. Graduation is not a deliverance from sorrow. Cloudy days happen. Jobs can be lost and relationships will be broken. Sorrow happens.

A passage in one of Tennyson's poems says:

So runs my dreams; but what am I?  
An infant crying in the night;  
An infant crying for the light;  
And with no language but a cry.

Tennyson says, “. . . but what am I?” It will be during days of sorrow that you will ask yourself this question. Never doubt yourself on these days. Tell yourself that this too shall pass. There will be new people to date and jobs to be had. The sea is full and everybody is looking. So don't get down on yourself. Don't lose your smile. The day will always begin again and so will your life.

You have to live through your pain gradually  
and thus deprive it of its power over you.

— *Henri Nouwen*