



“If it took all of that  
darkness for me to  
finally come to a  
place of real light  
then the darkness  
was worth it.”

Juanita Rasmus  
Author  
(b. 1961)

When we pray, most of us pray for a life that goes well. Not often does anyone pray for life to take a sharp curve towards unhappiness, depression or anxiety.

No one expects or hopes for life's disappointments. And yet, they come at different times in our lives. When we allow the healing process, they can become the catalyst that brings new dreams and enable us to live more fully. It is in the darkness that resurrection comes.

Juanita Rasmus uses the story of *Humpty Dumpty* as a great example of life after darkness.

*Humpty Dumpty sat on a wall,  
Humpty Dumpty had a great fall.  
All the king's horses and all the king's men  
Couldn't put Humpty Dumpty back together  
again.*

She said her world needed to come crashing down. Why would anyone want to go back to the same issues, the lack of connection, the fears of what might come next?

The Japanese have a practice called “*Kintsugi*.” They do not attempt to put the pot back the way it was before. Instead they use gold to seal the broken pieces, creating a beautiful piece of art, stronger than previously.

Through *Kintsugi* the broken pot can only become something new. Resurrection. That was true for Humpty Dumpty. We are much the same. Sometimes the trajectory we are on in life can keep us from who we are meant to be. Humility and grief come from a fall, but so can strength and healing. To allow the potter to mend our wounds with seams of gold takes us to a place of growth and maturity we would otherwise not know.

*Consider your areas of strength that have come from the mending of broken pieces?*