

# Sustaining the Journey presents...



*As a tool to draw us out of the world's negative vortex, and to help sustain your journey through the week,  
Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

"Gratitude turns what we have into  
enough."

– Aesop

"I think faith is incredibly important  
because you will become  
overwhelmed with what's  
happening and you will have waves  
of grief, but when you turn to your  
faith, I believe God will give you  
waves of grace to get through it."

– Joel Osteen

*Aesop was a Greek storyteller  
credited with a number of fables  
now collectively known as Aesop's  
Fables. Although his existence  
remains unclear and no writings  
by him survive, numerous tales  
credited to him were gathered  
across the centuries and in many  
languages in a storytelling  
tradition that continues to this  
day.*