要感恩

要感恩,你没有你想要的一切,否则,还有什么可期待呢? 要感恩,当你不懂某事时,它给你学习的机会。 要感恩,困难的时刻,它们让你成长。 要感恩,你的有限能力,它们给你改进的机会。 要感恩,每一个新的挑战,它建立你的力量和性格。 要感恩,你犯下的错误,它们教导你宝贵的人生课程。 要感恩,当你精疲力竭时,它意味着你已尽力而为。 感恩生命中美好的事物很容易,但是,富裕的生命是属于那些同时也感恩挫折的人。

BE THANKFUL



Be thankful, that you don't have everything you desire.

If you did, what would there be to look forward to?

Be thankful, when you don't know something.

For it gives you the opportunity to learn.

Be thankful, for the difficult times.
It is during those times that you grow.

Be thankful, for your limitations.

Because they give you opportunities for improvement.

Be thankful, for each new challenge.

For that will build your strength and character.

Be thankful, for your mistakes.

They will teach you valuable lessons.

Be thankful, when you're tired and weary. Because it means you've made an effort.

It's easy to be thankful for the good things in life.

But a life of rich fulfillment comes to those,

Who are also thankful for their setbacks.



马来西亚沙迪亚赛理事会

原著/图: Radio Sai Listeners' Journal, Vol 4, Issue 7, July 2006

译:中文组