

**COURAGE**  
for the  
**UNKNOWN**  
**SEASON**

*Navigating What's Next  
with Confidence and Hope*

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# Notes

## CHAPTER ONE: SEASONS COME AND SEASONS GO

1. This is not a hard, firm fact but a general approximation for the sake of discussion.
2. December 7 may not call a particular event to mind for centennials (those born after the year 2000), but for the silent generation it is a day that will live in infamy. Similarly, the assassination of John F. Kennedy was an event that defined the baby boomers more than any other, and millennials quickly recall where they were when terrorists flew airplanes into the twin towers of the World Trade Center.
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5. Kay Arthur, *When the Hurt Runs Deep: Healing and Hope for Life's Desperate Moments* (Colorado Springs: WaterBrook, 2010), 29.

## CHAPTER TWO: RESILIENCE

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3. Nathan Furr, "How Failure Taught Edison to Repeatedly Innovate," *Forbes*, June 9, 2011, accessed March 29, 2017, <https://www.forbes.com/sites/nathanfurr/2011/06/09/how-failure-taught-edison-to-repeatedly-innovate/#4cc7ff7465e9>.

## COURAGE FOR THE UNKNOWN SEASON

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6. Helen McIntosh, e-mail to the author, July 2016. Used with permission.
7. Jenny Suddeth, e-mail to the author, July 2016. Used with permission.
8. Joseph Benson, *The Holy Bible, Containing the Old and New Testaments*, Volume 2 (New York: G. Lane & C. B. Tippet, 1846), 736.

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2. Ravi Zacharias, *Cries of the Heart: Bringing God Near When He Feels So Far* (Nashville: Thomas Nelson, 2002), 24.
3. Dr. Michael L. Williams, "What Is a Prayer of Supplication? A Christian Study," What Christians Want to Know, accessed March 23, 2017, <http://www.whatchristianswanttoknow.com/what-is-a-prayer-of-supplication>.
4. Dan Baker, *What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better* (New York: St. Martin's Press, 2003), 79, 81.
5. Augustine of Hippo, *Confessions*, trans. F. J. Sheed (Indianapolis: Hackett, 2006), 3.

### CHAPTER FOUR: DON'T FORGET TO LAUGH

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2. Viktor E. Frankl, *Man's Search for Meaning* (Boston: Beacon Press, 2006), 44.
3. Dr. Dacher Keltner in Linda Graham, "Laughter," *Wise Brain Bulletin*, vol. 3.8, August 2009, accessed April 3, 2017, <http://lindagraham-mft.net/resources/published-articles/laughter/>.
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## NOTES

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4. Grandma Moses in Bill Swainson, ed., *Encarta Book of Quotations* (New York: St. Martin’s Press, 2000), 389.
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## COURAGE FOR THE UNKNOWN SEASON

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