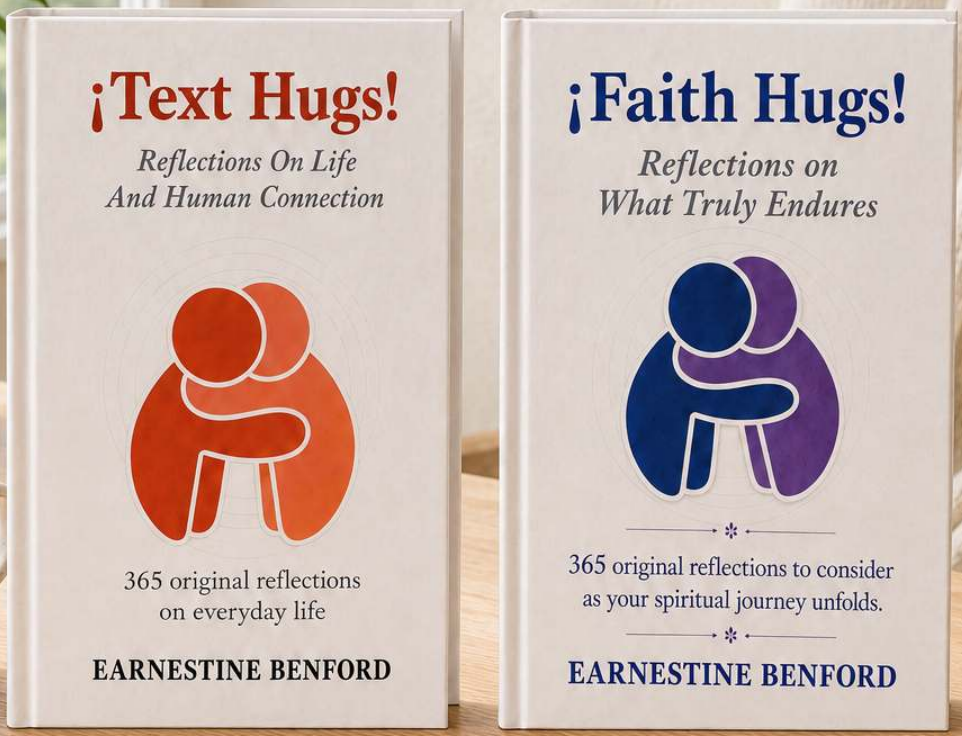
A Few Words to Carry With You

Selected reflections from ¡Text Hugs! and ¡Faith Hugs!



WELCOME

A small pause in a fast-moving world

Life moves quickly. Sometimes a few thoughtfully chosen words can give us a reason to pause, consider something differently, or recognize what matters.

In this preview, selected reflections from ¡Text Hugs! and ¡Faith Hugs! are brought to life through imagery created especially for these pages. The books themselves are text-centered collections.

Read them slowly or all at once. Return to one that stays with you. Share one with someone who may need it.

> *I hope you find a thought here worth carrying with you.*



ABOUT THE BOOK

¡Text Hugs!

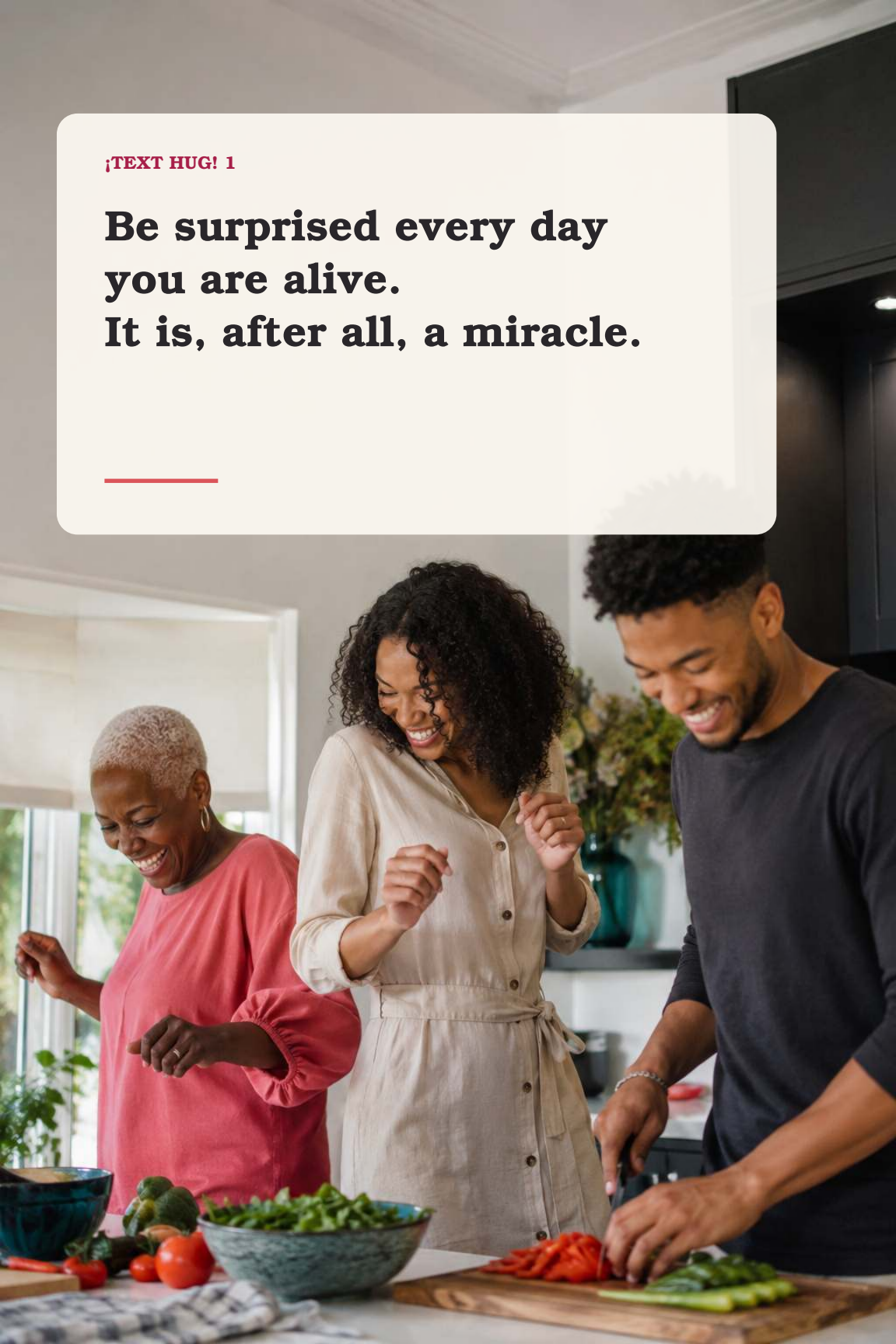
In a world that moves faster than our hearts can follow, ¡Text Hugs! offers a moment to pause and consider what it means to be human.

The words were short enough to read in seconds, yet meant to linger.

365 ORIGINAL REFLECTIONS

¡TEXT HUG! 1

Be surprised every day you are alive.
It is, after all, a miracle.



¡TEXT HUG! 4

I give you two words that can make a difference in life:

Choice and Change.

Both are yours.

A Choice that leads to a different path and the courage to Change direction.



¡TEXT HUG! 8

Standing up for what is right has consequences; it just might change the world for good!





¡TEXT HUG! 10

Can forgiveness come from a heart that holds onto bitterness?

¡TEXT HUG! 16

**Trust is fragile,
just like glass;
once broken, it will never
be quite the same.**





¡TEXT HUG! 19

Looking for where you ‘fit’ in the world? Look inward, not outward.

ABOUT THE BOOK

¡Faith Hugs!

Rooted in Christian faith, these reflections are written for those who believe, those who question, and those still exploring what faith means to them.

Within these pages, faith meets the experiences and questions of everyday life.

A place to pause, reflect, and perhaps see something differently.

365 ORIGINAL REFLECTIONS





¡FAITH HUG! 1

Everything else in the Christian life finds its meaning here:

To know God... and to be known by God.



¡FAITH HUG! 5

I trust God with eternity.

Trusting God with Tuesday is harder.

¡FAITH HUG! 4

Sitting in church services around the world, relying on a translator to understand the language, made me realize something I had always taken for granted: the privilege of having God's Word in my own language.

The Great Commission crosses borders and languages so people can hear and read God's Word in theirs.

God speaks my language.



To delight in someone is to take pleasure in them, to cherish them, to rejoice over them, to find joy in their very existence.

Imagine that. Then remember:

God delights in you.





¡FAITH HUG! 10

A good present does not erase a painful past.

Sometimes we assume there are only two possibilities:
either the past no longer hurts, or we haven't healed.

Perhaps healing includes acknowledging the past while being deeply grateful for the life we have today, even when yesterday still brings sadness.

Jesus didn't tell Martha and Mary,
"Don't cry. Lazarus will be raised."

Jesus wept with them first.

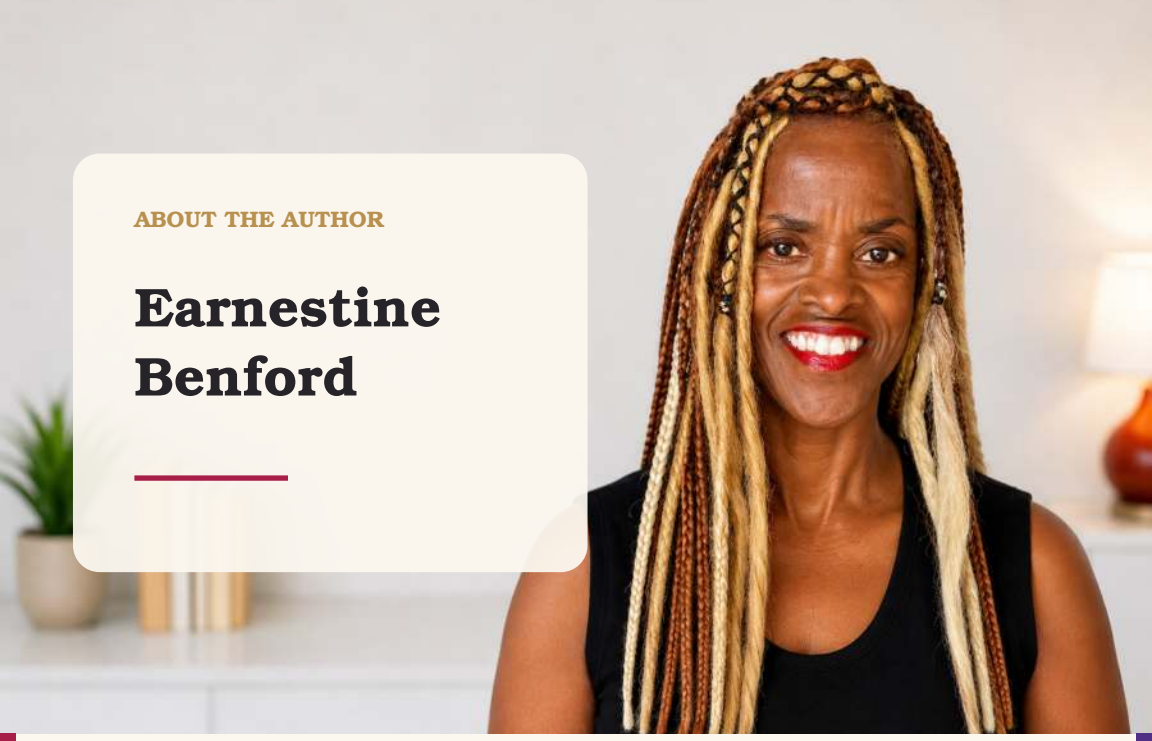


¡FAITH HUG! 13

An unhoused woman extended an unwashed hand to shake mine. For a moment, I hesitated. Then it occurred to me. Perhaps she was wondering whether I would take her hand. Whether I would receive her just as she was.

It reminded me that many of us quietly carry the same question. Not "Will you help me?" but,
"Will you receive me just as I am?"

Perhaps one of the deepest longings of the human heart is to be received before being judged.



ABOUT THE AUTHOR

Earnestine Benford

Earnestine Benford is the author of ¡Text Hugs!: Reflections on Life and Human Connection and ¡Faith Hugs!: Reflections on What Truly Endures.

Her writing explores how meaning unfolds in everyday life. Her background includes the study of neuroscience, a career in marketing and qualitative research, and global experience.

She pays close attention to the patterns beneath behavior and the values revealed in daily decisions. Her perspective has been formed through seasons of change and reinvention.

Her Christian faith and continuing study of Scripture inform ¡Faith Hugs! Across both collections, she writes with the understanding that clarity often begins with a willingness to see and listen to ourselves and others.

Earnestine is also the founder of Truly Heard™, an initiative centered on the power of listening and human connection.

Her writing invites readers to pause, reflect, and notice what feels true for them.

THANK YOU FOR READING

Carry a few words with you

A few thoughtful words can travel farther than we imagine. If one of these reflections stayed with you, return to it, carry it forward, or share it with someone who may need it.



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