THE SAVANNAH TIMES



Oxygen for the Soul

A curated collection of encouragement for the intentional soul.

SAINTS IN THE SAVANNAH

A NOTE TO YOU

Encouragement is the oxygen of the soul.

Breathe life into your day. What follows is a small, curated collection of words gathered from thinkers, saints, and storytellers across the centuries — meant not to be read all at once, but returned to, one page at a time, whenever your spirit needs air.

Let them sit with you. Let them remind you that you are equipped for the life you've been given, and that hope is never far from reach.

— *The Savannah Times*

I. On Beginning

“

Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible.

FRANCIS OF ASSISI

“

Sometimes even to live is an act of courage.

SENECA

“

Begin at once to live, and count each separate day as a separate life.

SENECA — *Letters to Lucilius*

“

Don't wish it were easier, wish you were better.

JIM ROHN

“

The mystery of human existence lies not in just staying alive, but in finding something to live for.

FYODOR DOSTOYEVSKY — *The Brothers Karamazov*

II. On Difficulty

“

The impediment to action advances action. What stands in the way becomes the way.

MARCUS AURELIUS — *Meditations*

“

Difficulties strengthen the mind, as labour does the body.

SENECA — *Letters to Lucilius*

“

It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.

SENECA — *Letters to Lucilius*

“

We suffer more often in imagination than in reality.

SENECA — *Letters to Lucilius*

“

A dead thing can go with the stream, but only a living thing can go against it.

G.K. CHESTERTON

“

There is no success without sacrifice. If you succeed without sacrifice, it is because someone has suffered before you. If you sacrifice without success, it is because someone will succeed after.

ADONIRAM JUDSON

III. On Purpose

“

First say to yourself what you would be; and then do what you have to do.

EPICTETUS — *Discourses*

“

What happens to me doesn't have to determine what happens within me.

JOHN C. MAXWELL

“

Man only likes to count his troubles; he doesn't calculate his happiness.

FYODOR DOSTOYEVSKY — *Notes from Underground*

“

The same wind blows on us all — the winds of disaster, opportunity, and change. Therefore, it is not the blowing of the wind, but the set of the sails that will determine our direction in life.

JIM ROHN

“

There are those who seek knowledge for the sake of knowledge; that is curiosity. There are those who seek knowledge to be known by others; that is vanity. There are those who seek knowledge in order to serve; that is love.

BERNARD OF CLAIRVAUX

IV. On Rest & Hope

“

Our hearts are restless until they rest in God.

AUGUSTINE OF HIPPO — *Confessions*

“

There are far, far better things ahead than any we leave behind.

C.S. LEWIS — *The Problem of Pain*

“

All that is gold does not glitter, not all those who wander are lost.

J.R.R. TOLKIEN — *The Fellowship of the Ring*

“

The soul is healed by being with children.

FYODOR DOSTOYEVSKY — *The Brothers Karamazov*

“

The way to love anything is to realize that it might be lost.

G.K. CHESTERTON

V. On Growth & Character

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Character is destiny.

HERACLITUS — *Fragment 119*

“

No great thing is created suddenly.

EPICTETUS — *Discourses*

“

It is better to illuminate than merely to shine — to deliver to others contemplated truths than merely to contemplate.

THOMAS AQUINAS — *Summa Theologiae*

“

All that is received is received according to the mode of the receiver.

THOMAS AQUINAS — *Summa Theologiae*

“

The mind is not a vessel to be filled but a fire to be kindled.

PLUTARCH — *On Listening to Lectures*

“

Formal education will make you a living; self-education will make you a fortune.

JIM ROHN

“

Work harder on yourself than you do on your job.

JIM ROHN

“

Angels can fly because they take themselves lightly.

G.K. CHESTERTON

VI. On Perseverance

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It is not the critic who counts. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who spends himself in a worthy cause; who at the worst, if he fails, at least fails while daring greatly — so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

THEODORE ROOSEVELT

“

There is no finish line when it comes to improving.

JOHN C. MAXWELL

“

Be the sun and all will see you.

FYODOR DOSTOYEVSKY

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Never get so busy making a living that you forget to make a life.

DANIEL MOS

“

How you think when you lose determines how long it will be until you win.

G.K. CHESTERTON

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