

Are you a carrot, an egg or a coffee bean?

A certain daughter complained to her father about her life and how things have been so hard for her. She did not know how she was going to make it and she wanted to give up. She was tired of fighting and struggling. It seemed that just as one problem was solved, another arose.

Her father, a chef, took her to the kitchen, filled three pots with water and placed the fire on high.

Soon the three pots came to a boil. In one he placed carrots, in the other he placed eggs, and in the last he placed ground coffee beans. He let them sit and boil, without saying a word. The daughter sucked her teeth and impatiently wondered what he was trying to do. She had problems, and he was making this strange concoction.

In half an hour, he walked over to the range and turned down the fire. He pulled the carrots out and placed them in a bowl. He pulled the eggs out and placed them in a bowl. Then he ladled the coffee out and placed the liquid in a bowl. Turning to her, he asked, "Darling, what do you see?"

Smartly, she replied, "Carrots, eggs, and coffee."

He brought her closer and asked her to feel the carrots. She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Her face frowned from the strength of the coffee. Humbly, she asked, "What does it mean Father?"

He explained. Each of them faced the same adversity, 212 degrees of boiling water. However, each reacted differently.

The carrot went in strong, hard and unrelenting. But after going through boiling water, it softened and became weak.

The egg was fragile. A thin outer shell protected a liquid center. But after sitting through the boiling water, its inside became hardened.

The coffee beans were unique however. After they were in the boiling water, they became stronger and richer.

"Which are you", he asked his daughter. "When adversity knocks on your door, how do you respond?"

Are you a carrot, an egg, or a coffee bean?

Are you the carrot that seems hard, but with the smallest amount of pain, adversity or heat, you wilt and become soft with no strength?

Are you the egg, which starts off with a malleable heart? A fluid spirit, but after a death, a breakup, a divorce, or a layoff, you became hardened and stiff? Your shell looks the same, but you are bitter and tough with a stiff spirit and heart internally.

Or are you like the coffee bean? The bean does not get its peak flavor and robustness until it reaches 212 degrees Fahrenheit.

When the water gets the hottest, it just tastes better.

When things are their worst, you get better, When people talk the most, your praises increase. When the hour is the darkest and trials are their greatest, your worship elevates to another level.

How do you handle adversity? Are you the carrot, an egg, or a coffee bean?