

Life is beautiful

Morning, boys and girls! Let's watch a very short video I took in early-November.

Yes, I think you remember him: this is Mr. She Hang Fu. He brought us a wonderful assembly speech on Nov 9 and 10. He is, no doubt, a fantastic sports player, a triathlon, a violinist, an actor, a writer, a good father and so on, and this can inspire us all to achieve more. But what really stayed with me after hearing his speech was the power of some of his ideas.

Among other things, I took away the following three important reminders from his sharing:

First, I can see how the power of diligence and practice helps shape our lives. As Mr. She said, with lots of practice, he could do what he could not do before his 'accident' occurred. In the past, he did not even know how to swim, but he did not limit himself. After recovering from the accident, he did his absolute best to learn. He consulted a disabled swimmer and through continuous endeavour, he acquired the skills he needed, and even moved forward to become a triathlete. Similarly, it did not seem possible that he could ever learn to play the violin; however, with perseverance, diligence and practice, he learnt how to play the instrument well and could even play in an orchestra. Like one of his mottos, Everyone is equal before diligence (努力在所有人面前是平等的). Through hard work, he has learnt to do lots of things a regular person cannot do.

Second, I can see the power of positivity. Mr. She is quite positive and cheerful. I noticed that throughout the assembly, he was smiling with confidence in his eyes. One could not imagine he underwent such a terrible accident and lost one of his arms. Although it took time, he managed not to curse himself with the weight of the tragedy that befell him. Instead, he overcame it and did not blame himself for the misfortune. He focuses on what he 'has' rather than what he 'does not'. Like the idiom about the "half-full or half-empty glass of water", Mr. She chooses to focus on what he has and what he can do rather than what he has lost. Such an attitude helped him stand up again after his trauma and explore all sorts of possibilities that still lay ahead of him.

Third, I can see the power of love. During his sharing, Mr. She talked about his wife and his two little daughters. I noticed that he seemed refreshed - with a beaming smile - when the mention of his family members arose. I can tell he is well embraced by their love. Such love has become his source of strength for improving himself. For instance, he said he did not dare to put his elder daughter into his arms; however, the moment his second daughter was delivered, he was able to hold her and could take good care of her. The power of love drives him on to keep developing himself and become a better person.

Boys and girls, thank God that the life of Mr. She has showed us that the following are very powerful: diligence, positivity and love. With those qualities, as able-bodied persons, I am sure we can all achieve well beyond what we currently believe our limitations to be.

Let's pray. Dear Heavenly Father, thanks for the sharing of Mr. She and let all of us be humble and inspired by his life. We pray in the name of Jesus. Amen!