

Thankfulness no matter what

Sophie Cox

In some aspects of my life I have really found it hard to be thankful. I have a condition known as spinal muscular atrophy which means I have very limited muscle use and can no longer walk. I struggled with my condition when I was younger, comparing myself to other kids my age and wondering why I had this ‘thing’. It seemed so unfair. I can’t have a lot of spontaneity in my life, everything has to be organised to the last detail and I am limited in what I can do and where I can go. The doubts and anger led me away from God; I couldn’t see how I could believe and trust in him one hundred per cent when I was going through things like spinal operations, my wheelchair breaking down over and over again, and dealing with the fact that I was prevented from doing most of the things I wished to do.

As I’ve grown older (I am now 23) of course I still feel this sometimes, but I’ve learnt to appreciate what is good in my life. I have incredible family and friends, I have my own flat, I can drive and I’ve been to some amazing places. I know now how much I really have to be thankful for. I have recently joined a new church where I have met gracious, helpful and caring people. I appreciate now that God has given me a great life and every day I pray a prayer of thanks. No matter what, I know deep down I’m really lucky. Yes there will be challenges of course, but without those I would never grow and become stronger. Sometimes I ask my friends what they think I’d be like if I was ‘normal’ and they just simply reply, ‘Well, you wouldn’t be you,’ and I think that says it all.

Sophie Cox graduated from the University of Northampton in 2010 and is a freelance photographer who is also currently training as an independent financial advisor.