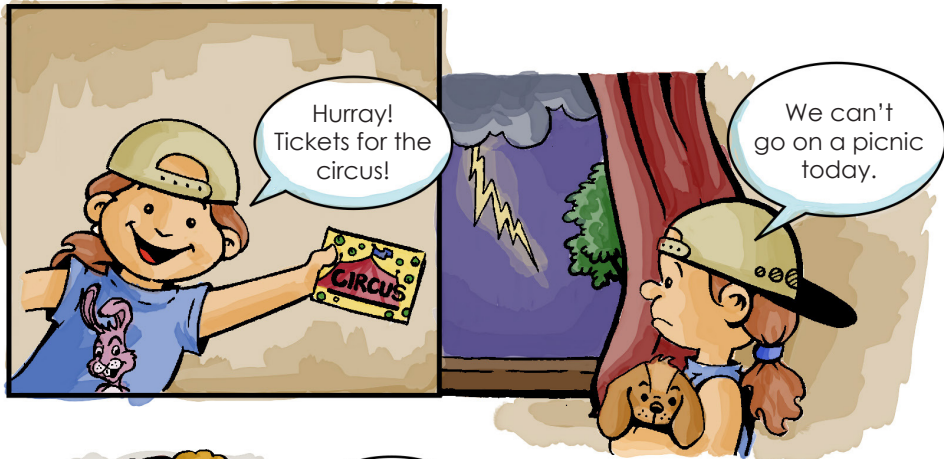


Through Ups and Downs



WHAT DO YOU DO WHEN YOU FACE SOMETHING THAT IS DISAPPOINTING OR DIFFICULT? THE BIBLE SAYS TO "FIX YOUR THOUGHTS ON WHAT IS TRUE, AND HONORABLE, AND RIGHT, AND PURE, AND LOVELY, AND ADMIRABLE. THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE."¹



WHEN YOU ARE EXCITED AND HAPPY ABOUT WHAT YOU ARE DOING, IT IS EASY TO BE JOYFUL AND POSITIVE. IT TAKES A LITTLE MORE EFFORT TO BE GRATEFUL WHEN THINGS DON'T GO YOUR WAY. BUT NO MATTER WHAT HAPPENS, IT HELPS TO LOOK FOR THE GOOD IN BOTH THE UPS AND DOWNS OF LIFE. TRY NOT TO LET THAT DISAPPOINTMENT OR DIFFICULTY MAKE YOU SAD OR ANGRY.

JESUS CAN HELP YOU TO KEEP A POSITIVE ATTITUDE NO MATTER WHAT. ASK HIM TO HELP YOU BE GRATEFUL AND POSITIVE EVEN WHEN THINGS ARE DISAPPOINTING. THEN WHEN DIFFICULT OR DISAPPOINTING THINGS HAPPEN, BUILD THE HABIT OF CHOOSING TO LOOK FOR THE GOOD NO MATTER WHAT. THAT WAY YOUR HEART CAN STAY FULL OF JOY!

