

How is your foot feeling, Julian?

It's not hurting as much today.

But I'm upset that I can't play baseball this weekend.

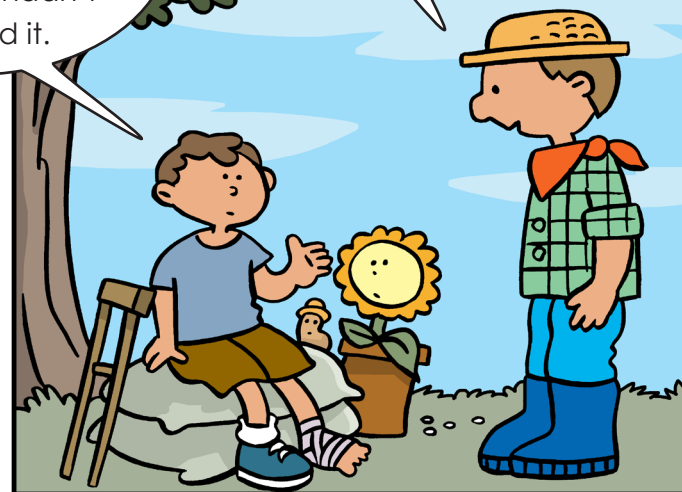
I'm sorry you'll miss the game.

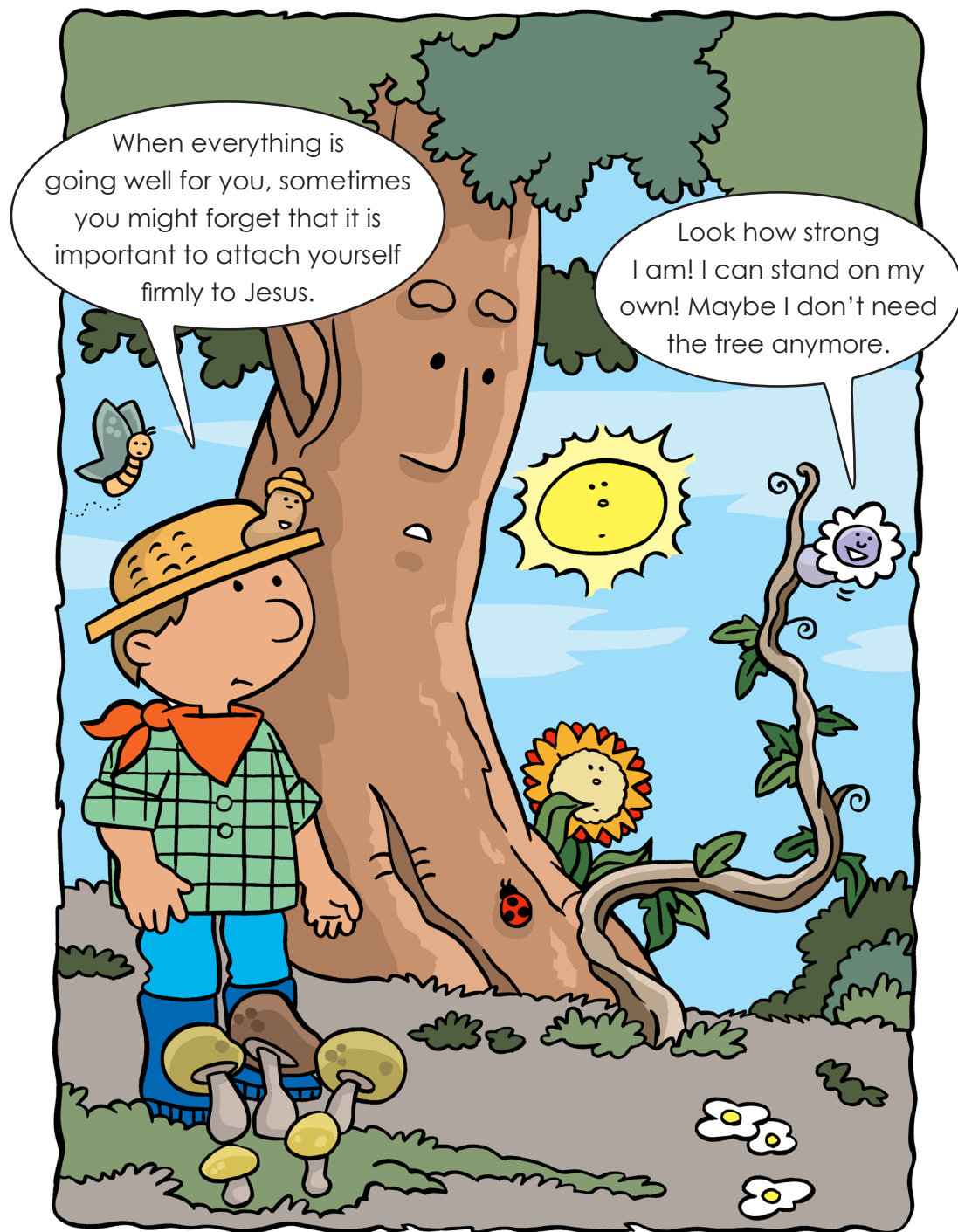
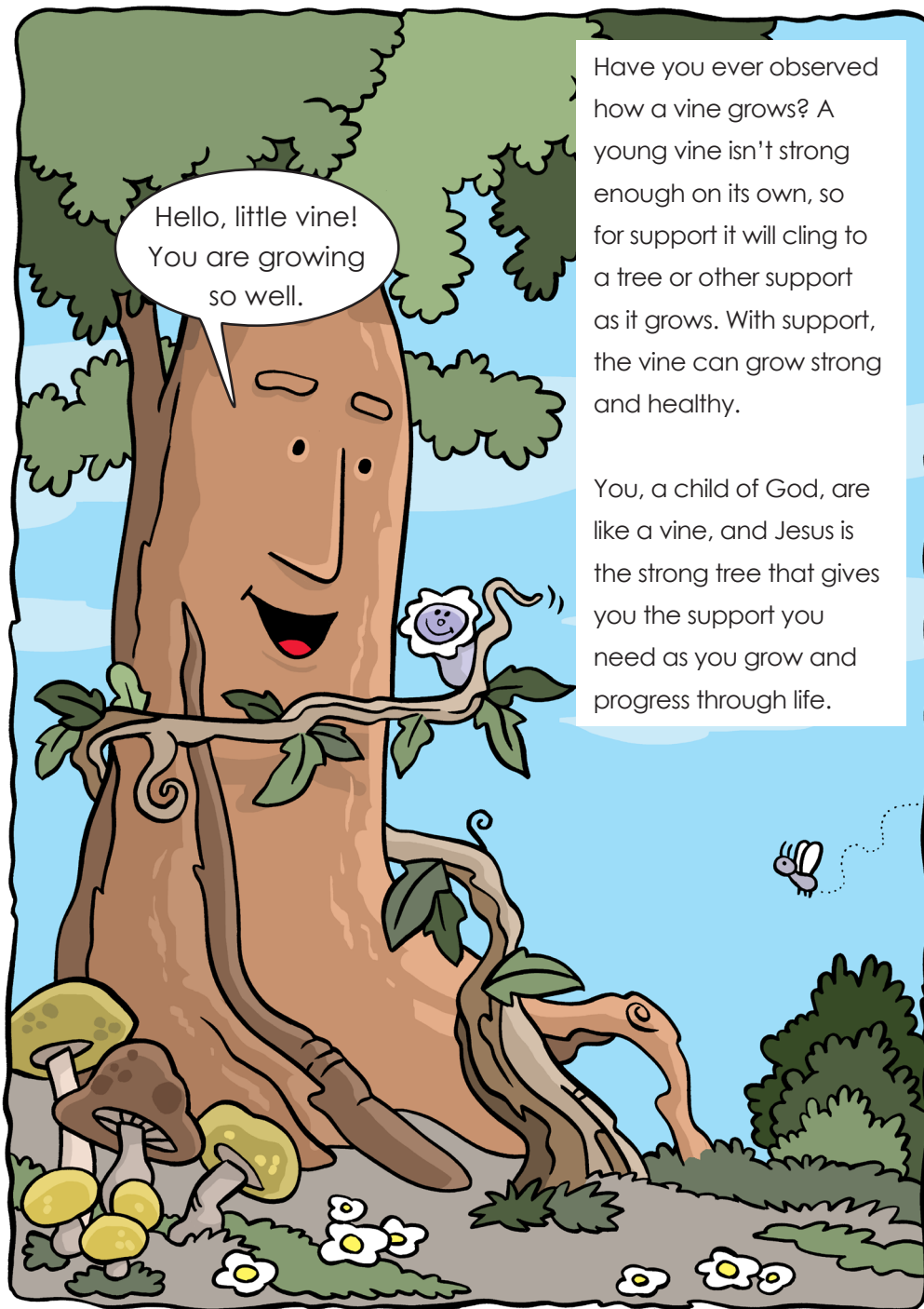
The doctor said it should be healed in time for the next game, but I wish I hadn't sprained it.

I can understand why you're disappointed, but a positive attitude will help you to have courage to face your difficulties.

Being positive when experiencing difficulties doesn't mean you are glad they happened, rather that you choose to be happy despite the problem.

It helps to look at the good things that are happening and to resist the temptation to feel sorry for yourself. This might not seem easy to do, but you can ask Jesus for strength to do just that.



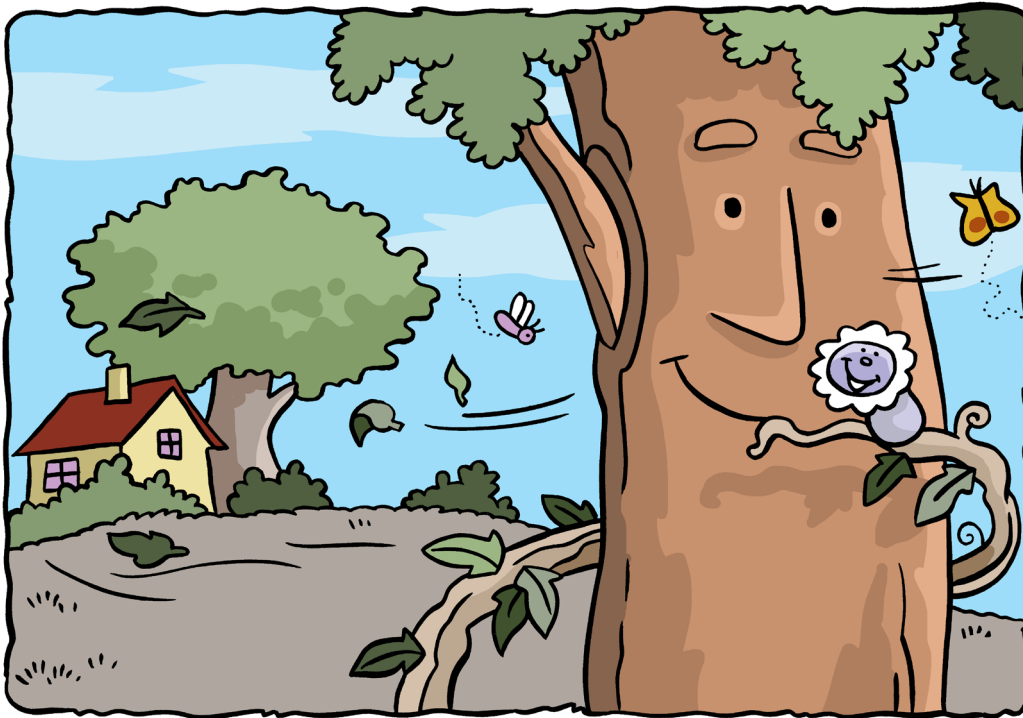




Jesus is a diligent gardener. He tends each of you, His plants, with the love and care that He knows will help you most.

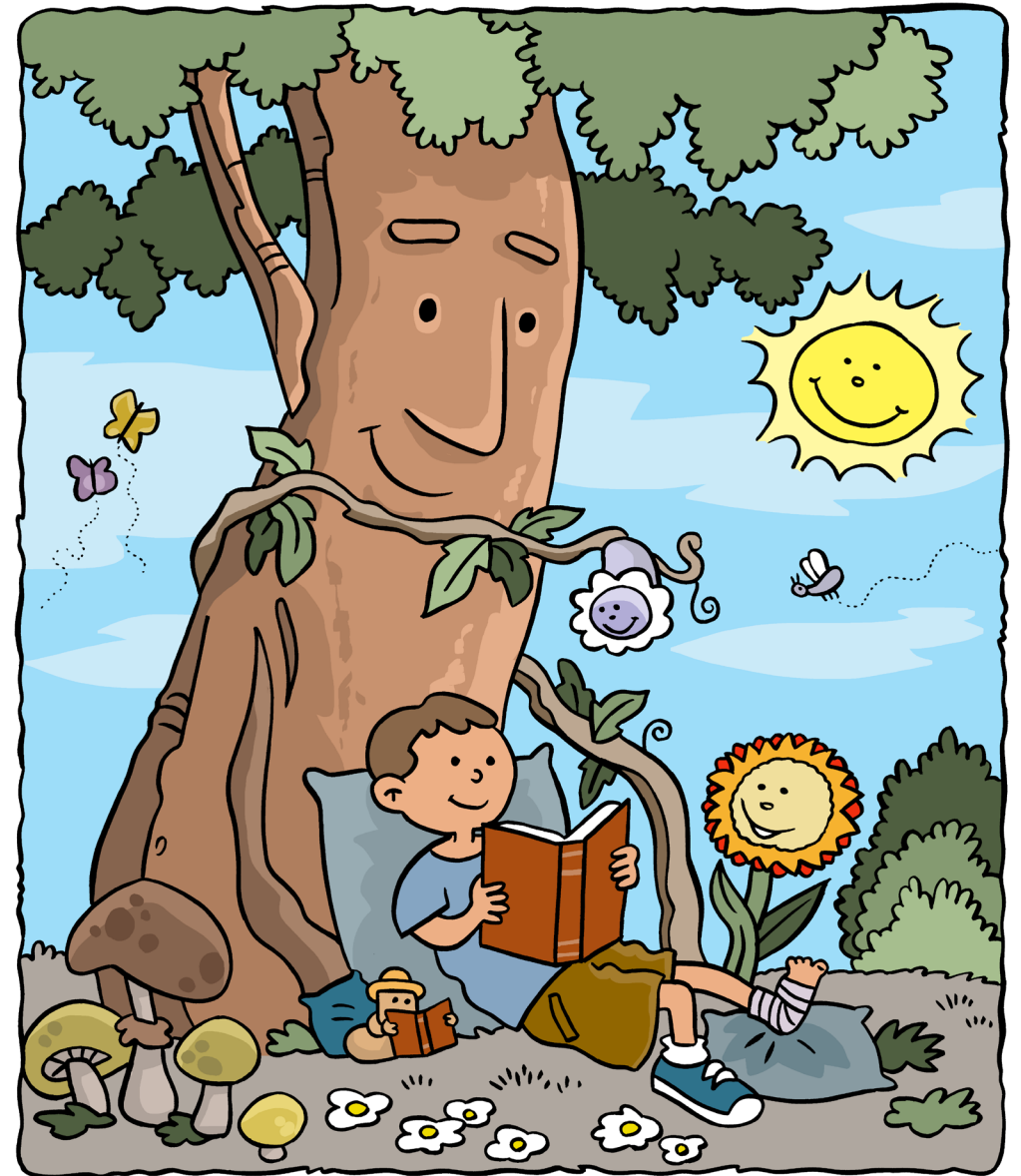


When difficulties and problems arise, just like the wind pushes a vine closer to the tree, you can allow the problem to push you toward Jesus.

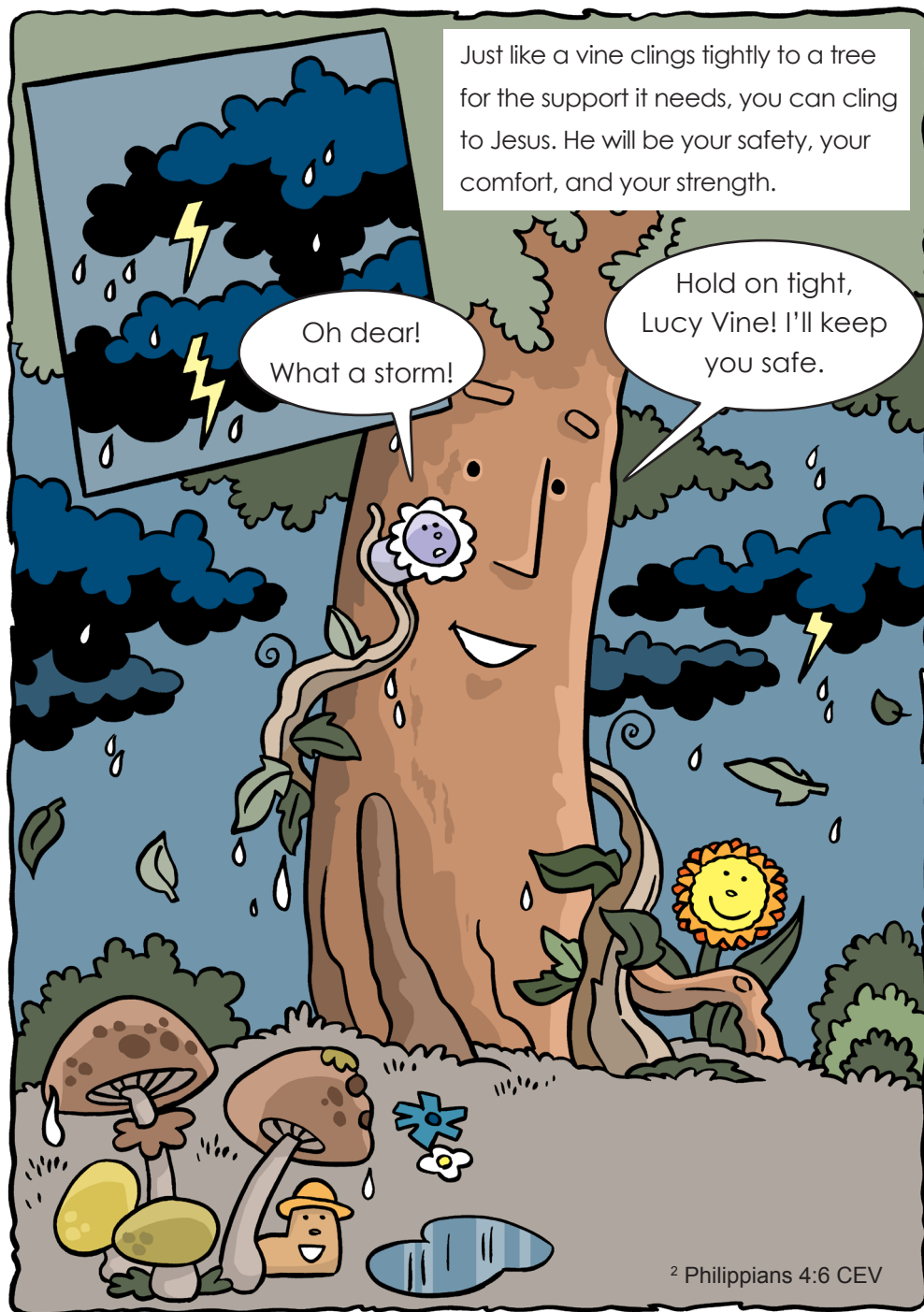


The Bible says, "I always stay close to you, and you hold me by the hand. You guide me with your instruction."¹ During times of difficulty or injury or loss, remember that Jesus is there to support you. He will hold your hand and guide you; He will bring you comfort when you are discouraged or sad.

¹ Psalm 73:23–24 GNT



You can use your time of disappointment or difficulty to draw closer to God by reading His Word and taking time to talk to Him. Tell Jesus your worries and concerns, and then remember that He is there for you. The difficult times can draw you closer to God.



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