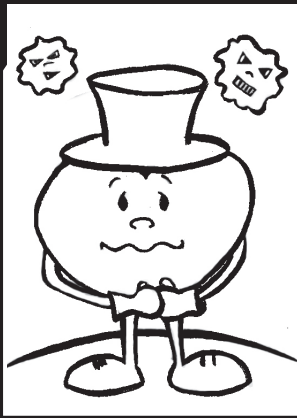


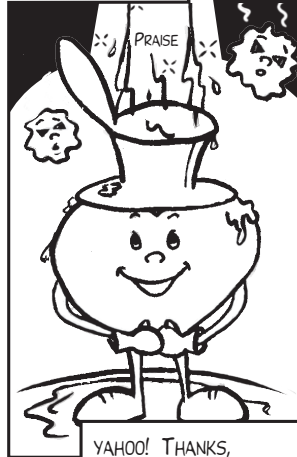
A MESSAGE FROM JESUS:
 PRAISE BRINGS ON
 JOY, AND JOY BRINGS
 STRENGTH TO YOUR
 SPIRIT. WHEN YOU
 REMEMBER TO THANK
 ME FOR ALL THAT I DO
 FOR YOU, YOU FORGET
 ABOUT YOURSELF AND
 INSTEAD THINK ABOUT
 ME, AND THIS BRINGS
 JOY TO YOUR HEART.
 WITH THIS JOY IN YOUR
 HEART YOU'RE NO
 LONGER PULLED DOWN BY
 NEGATIVE FEELINGS, AND
 I GIVE YOU STRENGTH
 TO RISE ABOVE ANY WORRIES
 OR FEARS THAT MAY HAVE
 BEEN UPSETTING YOU.

IT'S A SIMPLE RECIPE.

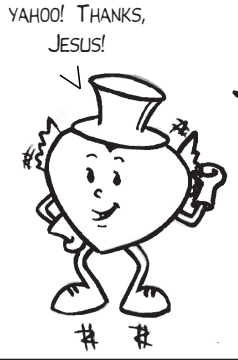
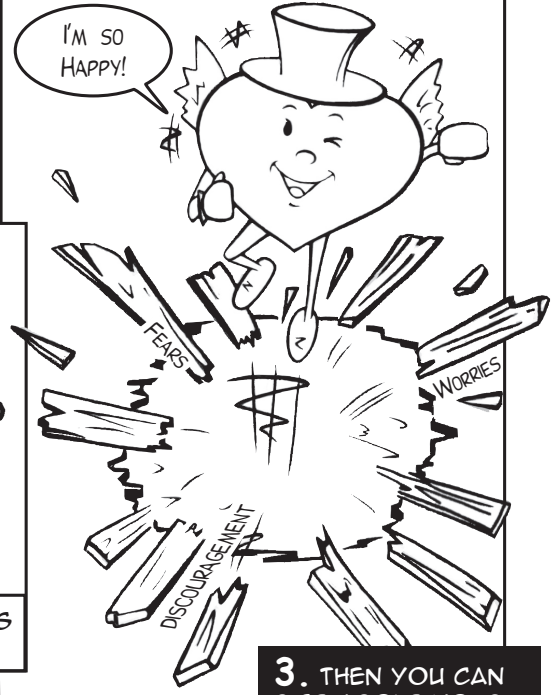
1. TO A HEART FULL OF
 WORRIES AND FEARS,



ADD PRAISE.



2. THE NEGATIVE FEELINGS ARE
 DISSOLVED,



AND MY JOY FILLS
 YOUR HEART.

3. THEN YOU CAN
 RISE ABOVE YOUR
 WORRIES.

Joy

Equals

Strength