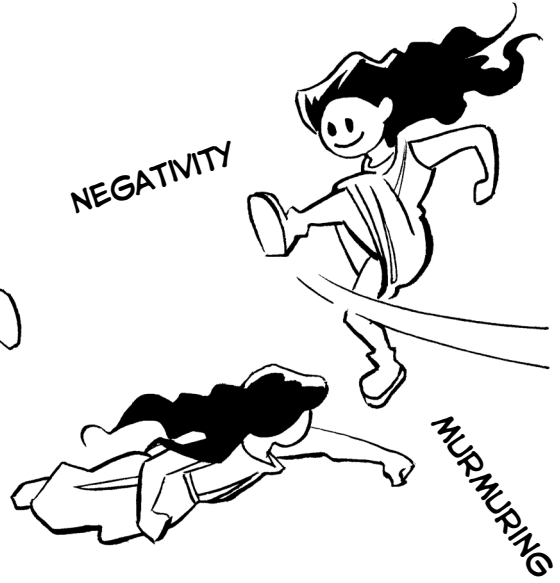
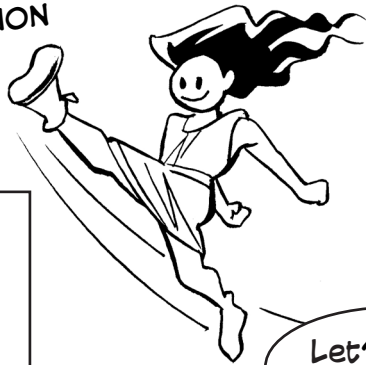


Employ Gratitude

GRATITUDE IS IMPORTANT. COUNTING YOUR BLESSINGS COUNTERS



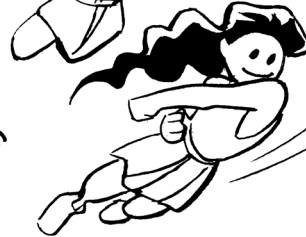
DISCOURAGEMENT AND DEPRESSION



SELF-PITY



AND EVEN ENVY.

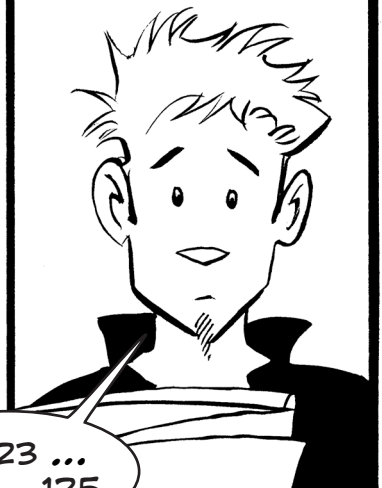


WHEN YOU FEEL BAD ABOUT SOMETHING, DESPONDENT, DISCOURAGED, HOPELESS, OR CONDEMNED, IT'S TIME TO EMPLOY THANKFULNESS.

Let's start with this ...



IT'S TIME TO COUNT YOUR BLESSINGS!



... 123 ...
124 ... 125

YOU CAN THINK OF HOW THE SITUATION COULD HAVE BEEN WORSE, AND THANK JESUS THAT IT WASN'T. OR RECOUNT HOW GOOD GOD HAS BEEN TO YOU, HOW MUCH YOU DO HAVE, AND HOW RICHLY BLESSED YOU ARE.



THAT KIND OF GRATITUDE WILL ALMOST ALWAYS IMPROVE YOUR MOOD AND YOUR SPIRIT. IT CAN SHOW YOU THAT, DESPITE THE LOWS YOU FACE, YOU HAVE IT PRETTY GOOD!

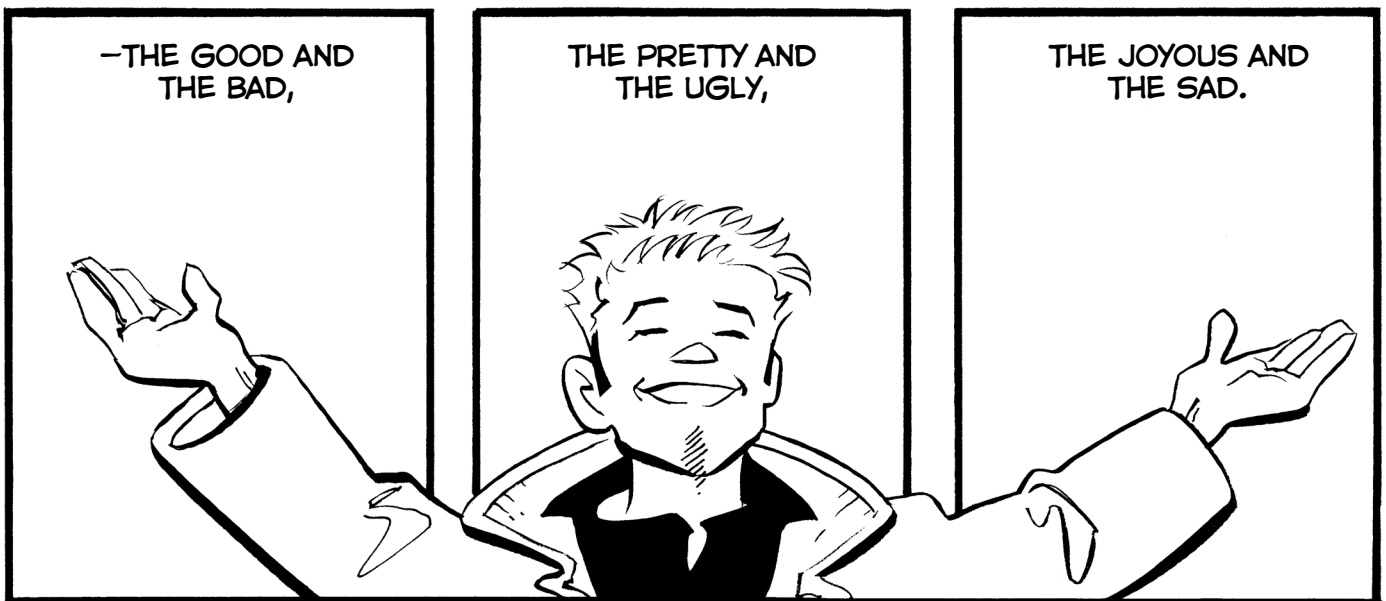


GRATITUDE ACKNOWLEDGES GOD'S HAND OF LOVE IN YOUR LIFE, WHICH LIFTS HIM UP AND GLORIFIES HIM.



Quote:

THANK GOD FOR EVERYTHING IN YOUR LIFE



AS YOU DO, YOU WILL EXPERIENCE PEACE AND CONTENTMENT THAT WILL LIFT YOUR HEART AND BRING YOU TO A GRATEFUL PLACE.