

A secret to being happy,
positive, and victorious in life is to focus
on the light of My love for you. One way
to do this is to reflect on the promises in
the Bible about My care
for you.

FOCUS
focus
ON THE
light
LIGHT



Think about the positive things to be found in every situation.

Focusing on the light of God's love and truth will give you spiritual strength.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.

(Philippians 4:8 NLT)

Here are some tips for how to do this.

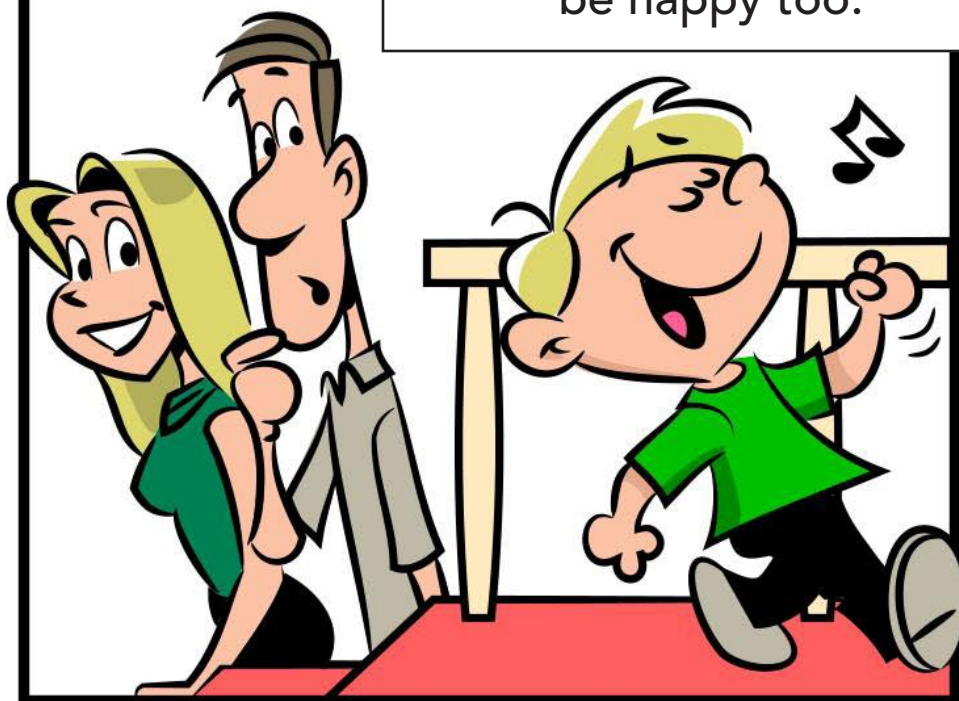
When you are sad or discouraged ...



... sing a song of praise and happiness.



Also, smile to make others happy, and you will soon be happy too.



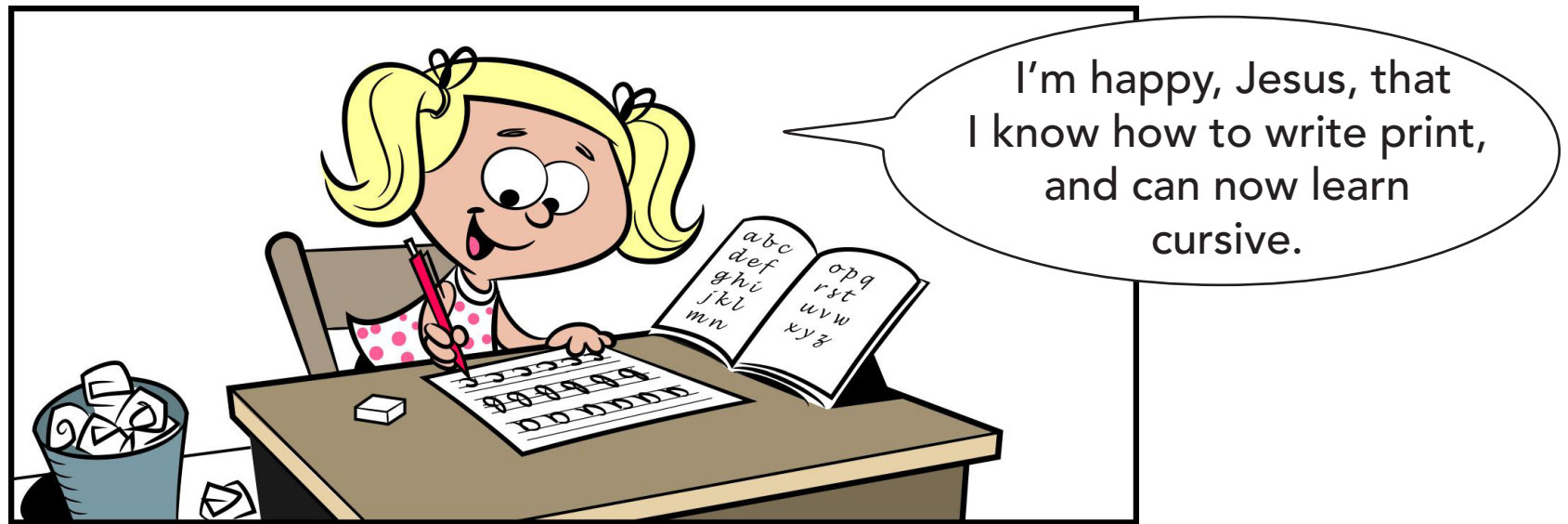
When you are injured or sick, quote a healing promise and praise Me for how I have healed before.



If one of your favorite toys broke and needs to be fixed, play with the other good toys I've given you and thank Me for them.



When you are having difficulty learning something new in school, thank Me for what I've already helped you to learn.



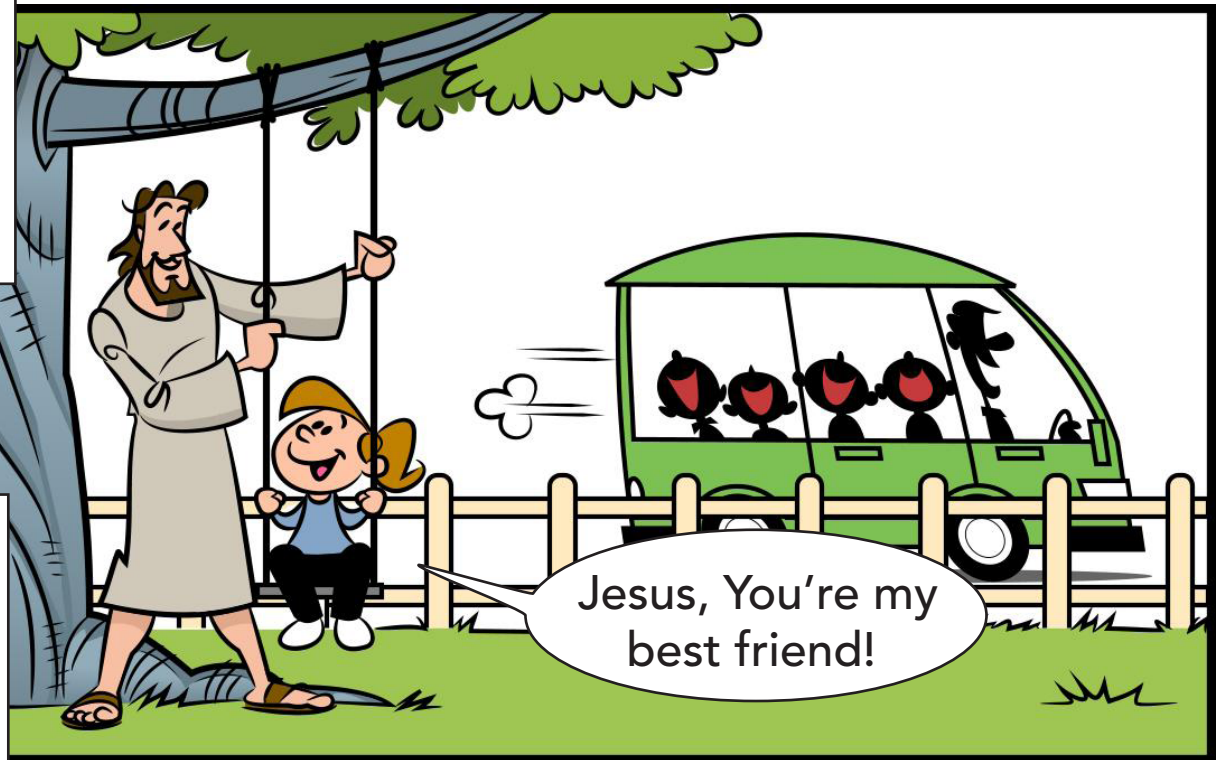
When you feel uneasy about something, thank Me for My angels who surround you and are taking care of you.¹



**'For he will command his
angels concerning you to
guard you in all your ways.
(Psalm 91:11 NIV)**

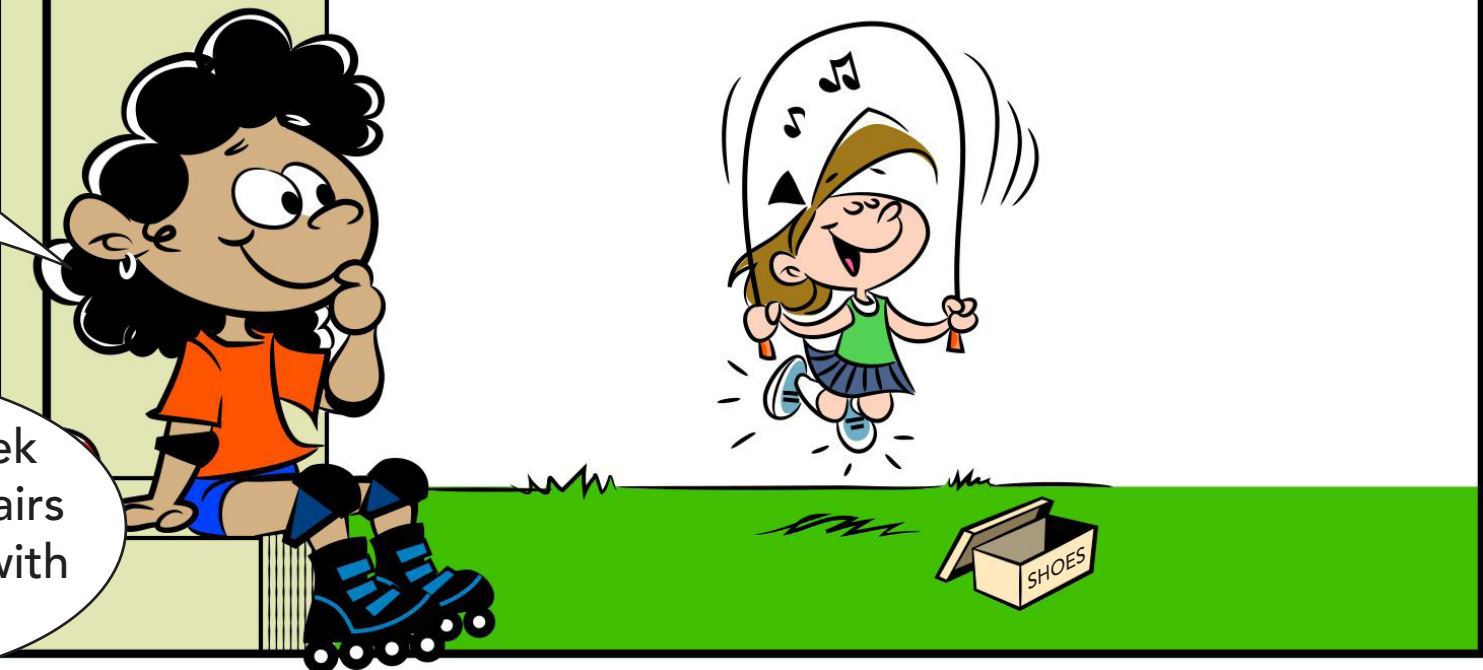
If you are lonely, remember that I am your best friend, and I've promised, "I will never, never fail you nor forsake you." (Hebrews 13:5 TLB)

If you are disappointed when something doesn't happen the way you wanted it to, think about the other blessings that I have given you.



I didn't get new shoes today like Tina did ...

... but last week I got two new pairs of pretty socks with ruffles!



If you feel nervous or shy, read or quote Bible promises and praise Me for doing what I have promised.

²But when the Holy Spirit has come upon you, you will receive power and will tell people about me everywhere.

(Acts 1:8, *paraphrased*)



Whether things seem
right or wrong
What should you do?
Focus on the light,
On things good and true.

S&S link: Character Building: Personal Responsibility: Problem Solving-1b

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