



**“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things” (Philippians 4:8 ESV).**

This Bible verse is telling us that it’s important to focus our thoughts on the good things God does for us.

This is a lot like the saying, “All through life, my brother, if you’d be a happy soul, keep your eyes upon the donut, and not upon the hole.”



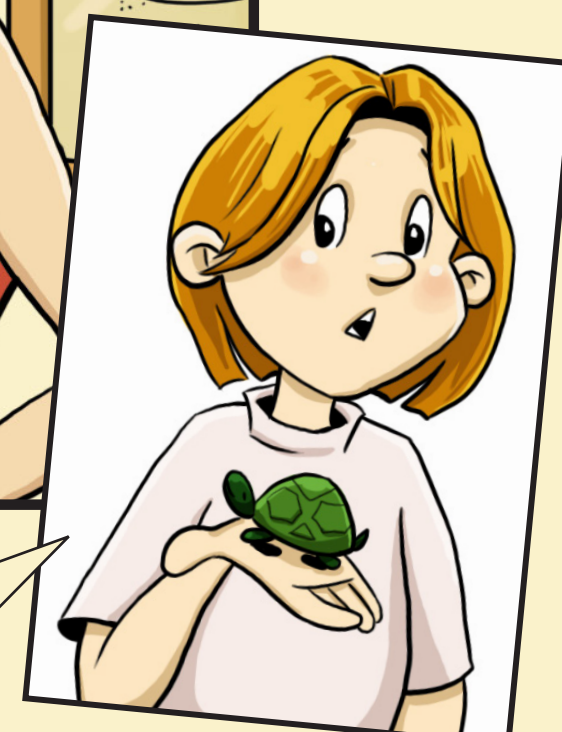
Guess what?

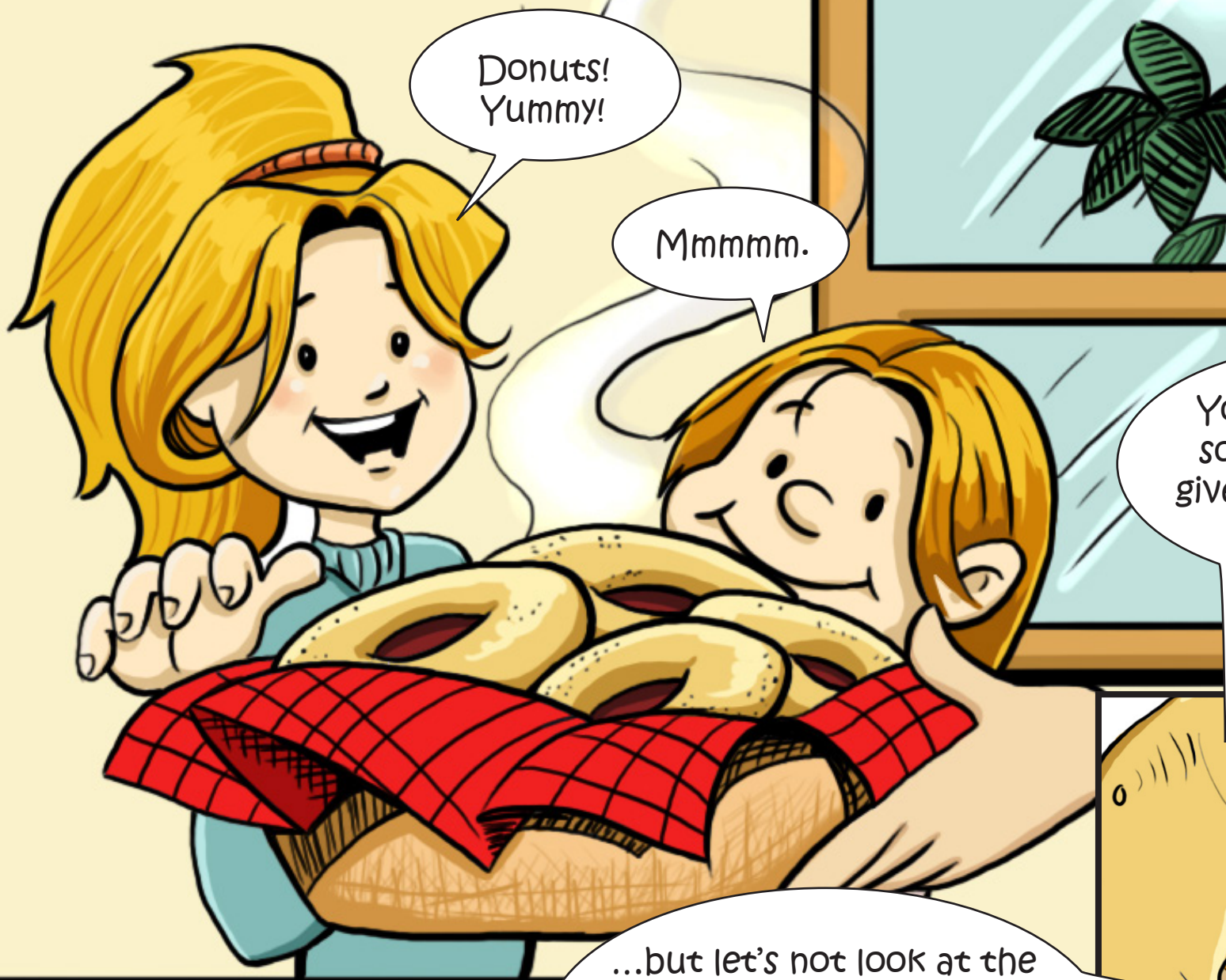
We have the tickets to go to a resort!

Exciting!

The family vacation we've been planning!

Can I take Timmy, my new turtle?  
Or will I have to leave him at home?



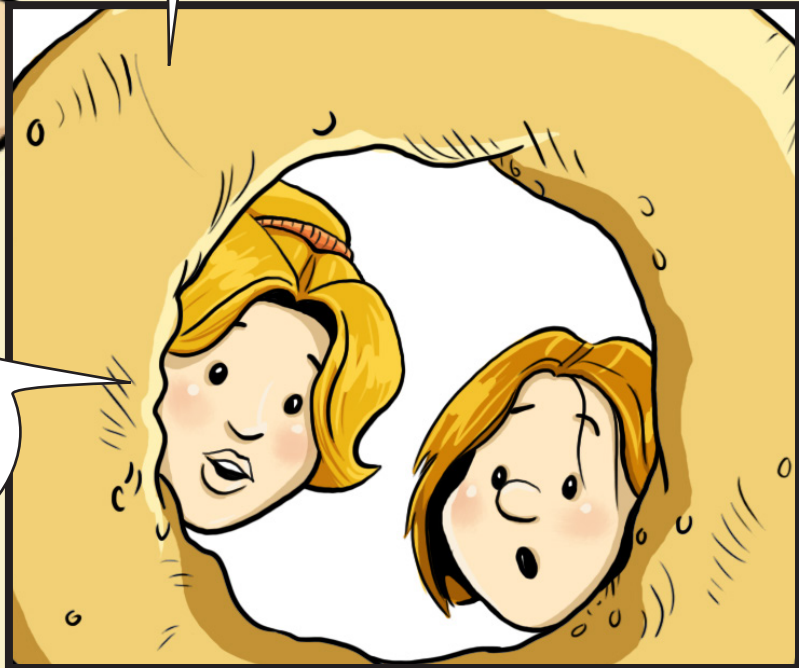


Donuts!  
Yummy!

Mmmmm.

You know, Jim, we  
sometimes have to  
give up something we  
like...

...but let's not look at the  
hole—at leaving Timmy  
behind but at the yummy  
donut instead—a vacation  
with our family!

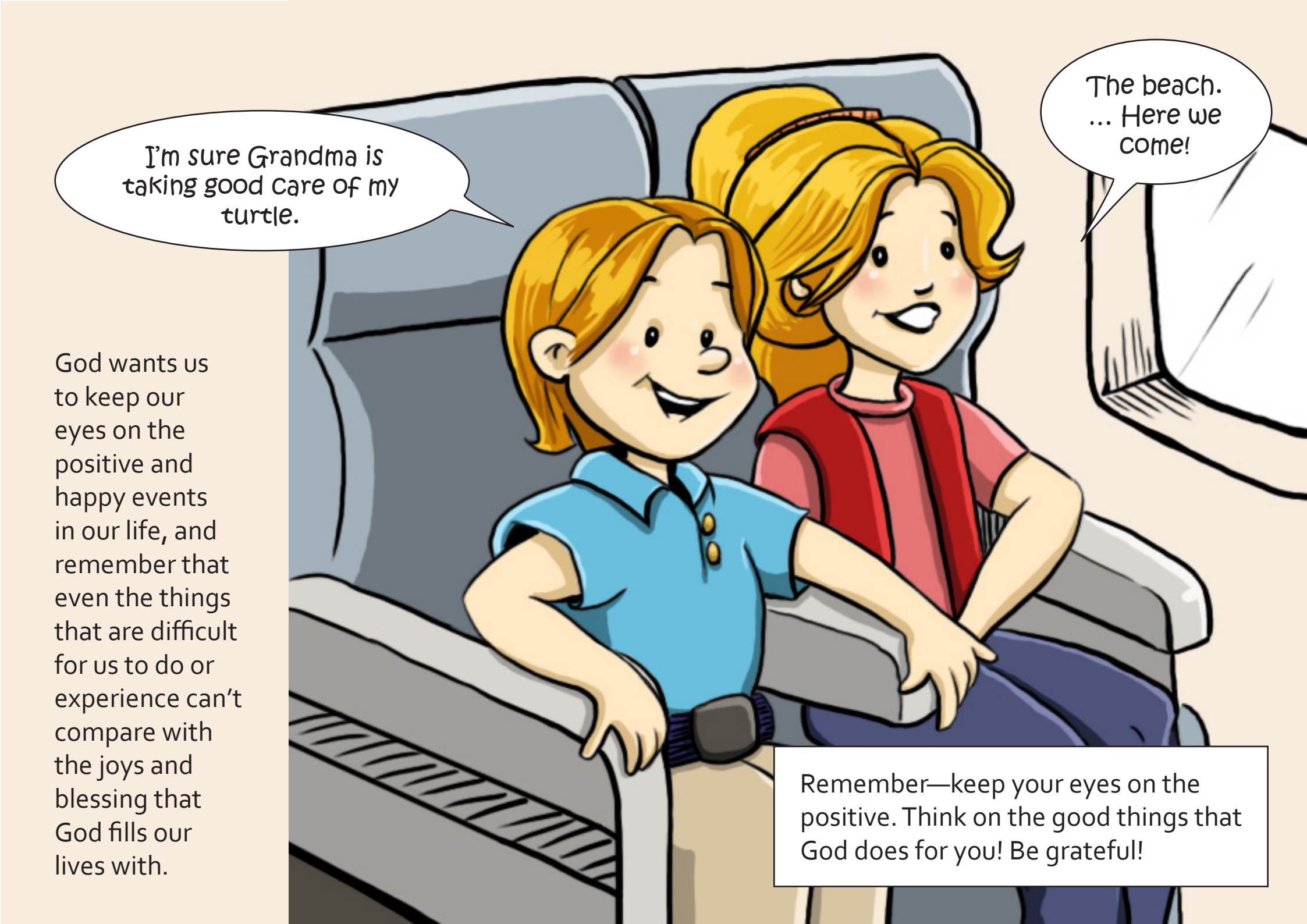




Think of all the fun we'll have at the resort.

The hole can represent the things you can't have in order to have something else that is good.

The donut represents the good things in life. Sometimes we focus on the things that seem to be going badly instead of on the good things that are happening to us.



I'm sure Grandma is taking good care of my turtle.

The beach. ... Here we come!

God wants us to keep our eyes on the positive and happy events in our life, and remember that even the things that are difficult for us to do or experience can't compare with the joys and blessing that God fills our lives with.

Remember—keep your eyes on the positive. Think on the good things that God does for you! Be grateful!



<sup>1</sup>Attributed to Abraham  
Lincoln (president of the  
United States of America  
from 1861–1865)

