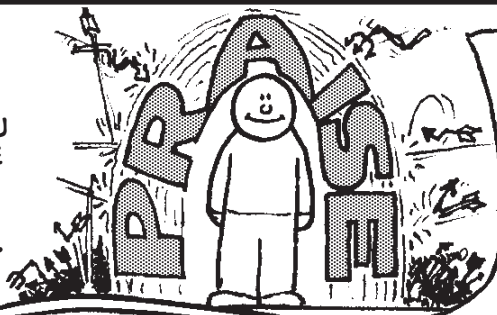


# SWITCH CHANNELS!

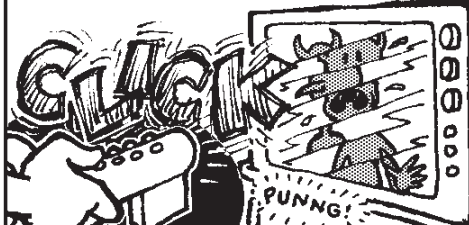


PRAISE AND  
THANKSGIVING  
CAN SHIELD YOU  
FROM NEGATIVE  
THOUGHTS  
THAT ARE  
DISCOURAGING.

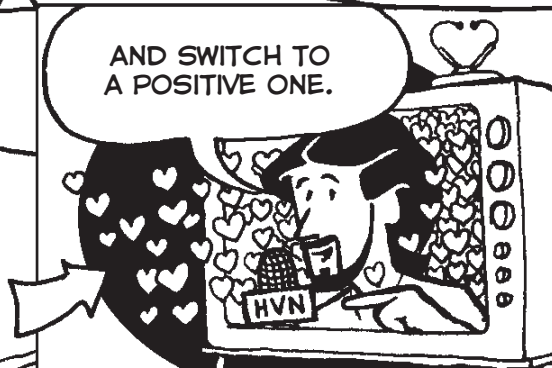


YOU CAN USE  
PRAISE AS A  
SHIELD AGAINST  
NEGATIVITY.

IT HELPS TO MAKE A  
CONSCIOUS DECISION TO  
SWITCH OFF THE NEGATIVE  
CHANNEL YOU ARE ON



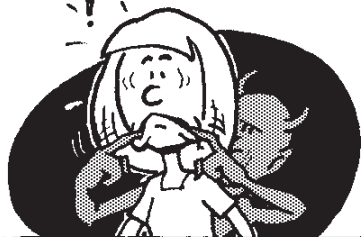
AND SWITCH TO  
A POSITIVE ONE.



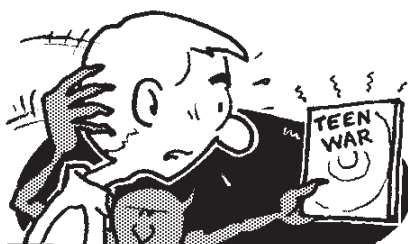
TAKING ACTION  
IN THIS WAY IS AN  
"ACT OF FAITH"  
THAT WILL FLIP  
THAT SWITCH  
FOR YOU.

FOR  
EXAMPLE

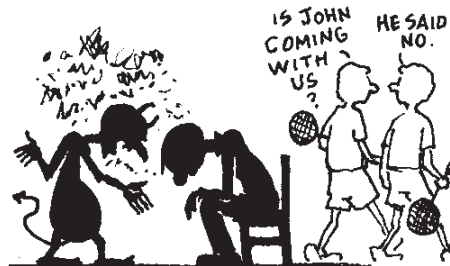
CHOOSE NOT TO DWELL  
ON THE SADNESS OR  
LONELINESS YOU FEEL,



OR TO COMPARE WITH WHAT  
SOMEONE ELSE HAS.



IN SPITE OF WHATEVER IS  
GETTING YOU DOWN,



DECIDE TO FOCUS ON ALL THE GOOD  
THINGS THAT FILL YOUR LIFE.



GUARD YOUR HEART AGAINST NEGATIVITY  
BY READING GOD'S WORD AND PRAISING  
HIM FOR HIS GOODNESS.



BIBLE VERSE:

GUARD YOUR HEART ABOVE ALL ELSE, FOR IT DETERMINES  
THE COURSE OF YOUR LIFE (PROVERBS 4:23 NLT).



Contributed by Nia Russell. Illustrations by Anthony Mirzany. Design by Stefan Merour.

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