

Thanks for The Struggles.

The income of your thoughts is the outcome of a new life.

A thankful and grateful heart sets you up for blessings in your life.

Romans 8:28 & 35-37

Paul is saying in the good times and in the bad times, it will all work out.

Hard times shouldn't make us bitter, but better and stronger for the future ahead of us.

The old saying is when things get tough the tough get going.

Sometimes the only way to get to Jesus, that fourth man is to go through the fire. Daniel 3:25.

There is nothing that has been done to you that God cannot make workout for you if you put it in His hands.

Philippians 1:12

I Thessalonians 5:14-19

Notice it doesn't say to thank God for all things, but in all things.

Three things to do in hard times.

- **Rejoice always.** Keeps you healthy. Proverbs 17:22
- **Pray continuously.** Keeps you in tune.
- **GIVE THANKS IN ALL CIRCUMSTANCES.**
Keeps you focused

How to Deal with Covid

- Praise & Worship.
- Realize you are not alone.
- Do not compare yourself with others. They may look or sound like they are doing great when they are really struggling also.
- Form a circle of friends that you can call and talk to and be honest with.
- Remember you are on a trust journey with God. Proverbs 3:5&6
- Do not make big life altering decisions now. You might feel like you are in survival mode, the great thing is you've survived and are still surviving.
- Don't assume your opinions are the right opinions, because everyone has an opinion. Remain in love.

- One day a week separate yourself from it all. Turn off the Social media and news.
- Exercise every day; go for a walk, ride your bike, just do something.
- Increase your safeguards against addictions.
- Stay away from negative time suckers.
- Read Gods Word or an inspiring book.
- Change something you can change, attitudes, thoughts, words, or even your lifestyle.
- Give what you need. If you need encouragement then give encouragement to others, what you sow is what you reap.
- **DON'T QUIT NOW.**