

# GOOD THINGS

**Scripture:** “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” **Philippians 4:8** (NLT)

Do you ever have bad days? Do you ever wake up grumpy or on the “wrong side of the bed?” You may have received a bad grade on a pop quiz, your best friend found a new best friend, you lost your favorite toy, or maybe you just don’t feel nice. Do you know that even on your very worst day, you can still find something to be happy about? When I wake up feeling mean or upset, I try to start thinking of things that make me happy or things that make me laugh. What are good things? Here are some examples: ice cream, Saturdays, new toys, funny jokes, and playing outside. Name something that makes you feel happy or maybe even giggle. When you start naming those things that make you feel good on the inside, it’s hard to keep a frown on your face. Paul talks about what type of thoughts we should have in Philippians 4:8. Philippians is in the New Testament. See if you can find it. I like to highlight or underline verses in my Bible that I want to remember. It says, “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” When you have a bad day it is so hard to be positive. But it is possible! Remember that **NOTHING IS IMPOSSIBLE WITH GOD!** The Bible clearly tells us that we should put our focus on good things. God has created a beautiful world. All you need to do is look around and see how God made everything just perfect! Listen to the birds singing. Look at the pretty flowers and all the animals He made! God created all of these things just to make you smile! Now this doesn’t mean that you won’t ever have a bad day, **BUT** when you do, just remember all the really wonderful things that God has given to you and see if that doesn’t help. Most of all, remember that God loves you more than anything and He will always be there to help you! That should definitely put a smile on your face! Now turn that frown upside down!

*Prayer: Lord, sometimes I don’t wake up happy. Please be close to me on those days, and bring something funny or happy to my mind that will help me smile. Help me remember that you want me to focus on all of the wonderful things I have, and anger and sadness are only temporary. Thank you for loving me no matter how I feel and for caring about me always! You are an awesome God! Amen.*

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