



A Fresh Perspective for the New Year

We've all gone through a tough time in 2020. Some of us, more than others. Why not start the new year with a fresh perspective? I hope these tips help you to do just that.

God will do His part, but you must do yours. Choose to take action, and God will be right there with you.

- Practice smiling until it sticks.
- Practice gratitude until it becomes a habit.
- Encourage yourself in Christ.
- Memorize your favorite verses.
- Focus on God, not your problems.

Practice smiling until it sticks. We can't just flip on the Happy Switch. It doesn't work that way. But you can choose not to be miserable. Say, "I'm not going to be miserable today." Look for the good things God has done for you and give it a try.

Start practicing gratitude. Try listing five things God has already done for you, and then thank Him for each one. Rinse and repeat every morning, and you'll soon wake up smiling. If you don't already do this, I encourage you to start today.

Encourage yourself. Lean into God's Word and let it encourage you. Speak scripture over your life. Remind yourself of who you are in Christ (Check out my Identity in Christ Series to learn more).

When you are feeling down, try saying something like this:

- Lord, you promised never to leave me or forsake me, (Deuteronomy 31:8)
- I am loved (John 3:16)
- I am a daughter of the King, (Galatians 3:26)
- I am a child of God, (1 John 3:1)
- I am chosen, (John 15:16)
- Lord, you told me not to be anxious about anything, (Phil 4:6-7)

Hide God's Word in your heart. The bible is full of God's promises and declarations of love for you. Ask God to help you find them, then use these verses to encourage yourself. Memorizing your favorite verses makes them portable. They are with you wherever you go (Matthew 4:4).

I'll get you started. You can find encouraging Take-With-You verse cards on pages 2 & 3.

Focus on God, and watch your problems get smaller.

Clip these *Take-With-You* verse cards and take your encouragement with you.

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

John 3:16

The Lord is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear or be dismayed.”

Deuteronomy 31:8

For you are all sons [and daughters] of God through faith in Christ Jesus.

Galatians 3:26

You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain, so that whatever you ask of the Father in My name He may give to you.

John 15:16

See how great a love the Father has bestowed on us, that we would be called children of God; and such we are.

1 John 3:1a

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

The New American Standard Bible by the Lockman Foundation (1995).

Make your own *Take-With-You* verse cards.

Be encouraged!

Suzette