## Lord, This



## with Your help



Give up complaining,

Give up pessimism,

Give up harsh judgments,

Give up worry,

Give up discouragement,

Give up bitterness,

Give up hatred,

Give up negativism,

Give up anger,

Give up gloom,

Give up jealousy,

Give up gossiping,

Give up sin,

Focus on gratitude.

Become an optimist.

Think kindly thoughts.

Trust in God.

Be full of hope.

Turn to forgiveness.

Return good for evil.

Be positive.

Be more patient.

Spread joy.

Pray for trust.

Control my tongue.

Try a little harder.

WILL

TRY

F-RENCE

MOST OF ALL Give up giving up,

Hang in there!