

Get a Grip...Count to 5

1. **Grab hold** of the truth that God has ordained this situation. (Eph .1:11)
2. **Thank** God for this difficulty. (1 Thess. 5:18; Eph. 5:20)
3. **Forgive** the offender, not verbally, but in prayer. (Mark 11:25)
4. Ask: "How can I **obey God** in this situation?" (John 14:15)
5. Ask: "What is God trying to **teach me**?"

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Renewing Your Mind

CATCH your thought, that is sinful 2 Cor. 10:5

CONFESS your thought to God 1 Jn. 1:9

CALL on God for help Phil 4:13

CHANGE sinful thought to God's thought Phil. 4:8,9

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