





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

CLAIM the H.S.'s power for help. Phil 4:13

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

REPEAT as needed.

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