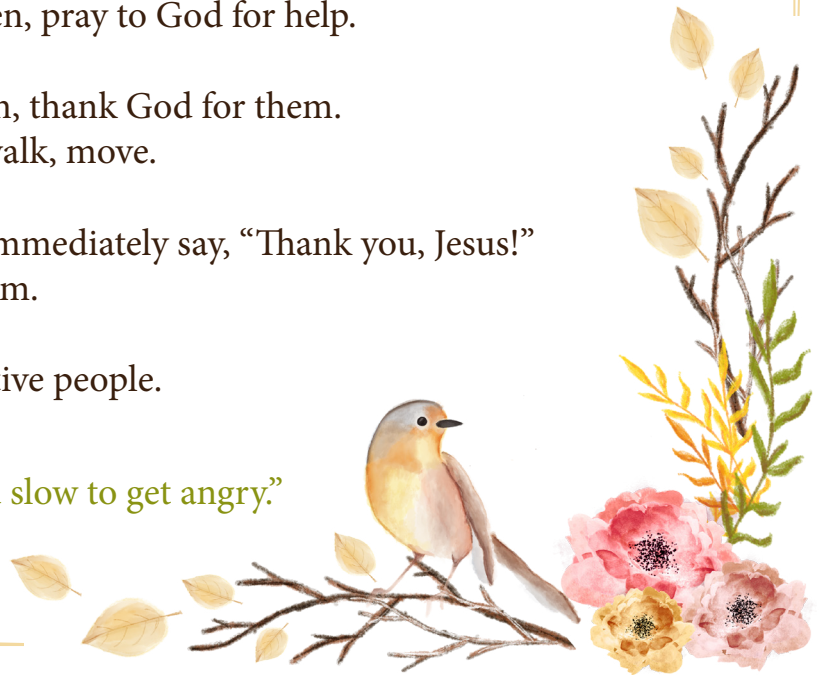


## Stop Complaining – Start Praising!

- Immediately think of one good thing in your life and thank God.
- Write down what troubles you; then, pray to God for help.
- Say “Help me, Jesus.”
- Write down all your blessings; then, thank God for them.
- Revert to your childhood – skip, walk, move.
- Sing a favorite song.
- When something good happens, immediately say, “Thank you, Jesus!”
- Pull out your Bible and read a Psalm.
- Consciously choose joy.
- Avoid negative social media, negative people.

“Be quick to listen, slow to speak, and slow to get angry.”

**James 1:19**



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