





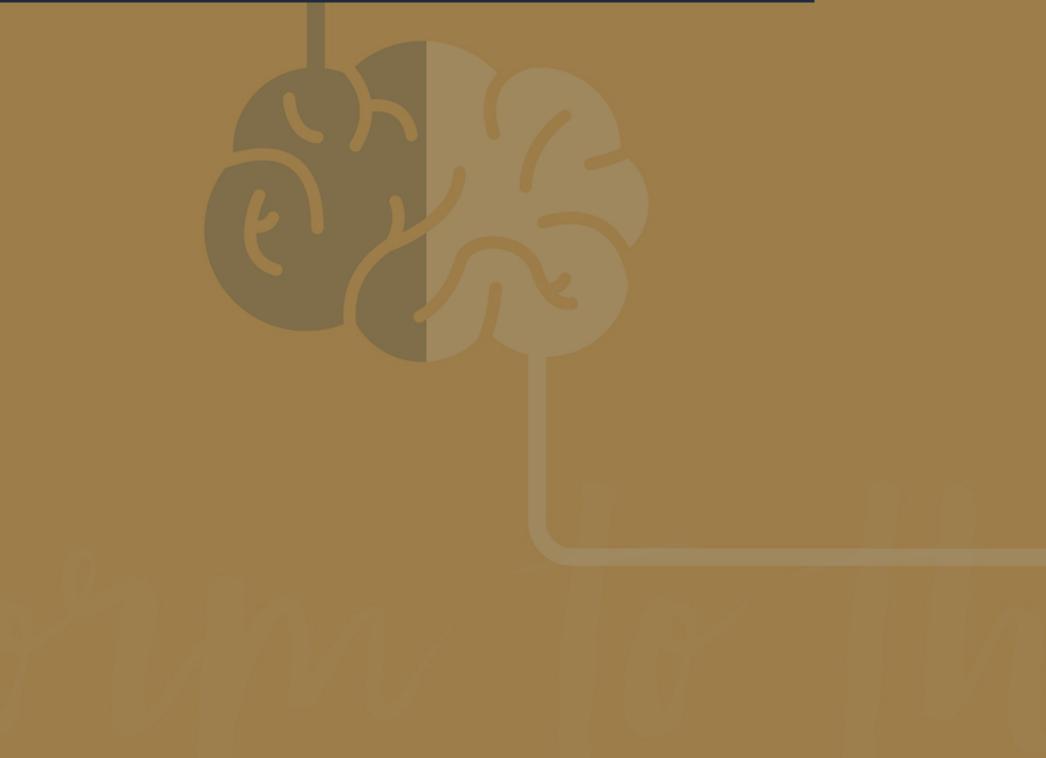


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What Statistics say:

We work less than most times in history



What God says:

My life is hard



What Statistics say:

We work less than most times in history We are living longer and have better healthcare than every before We have access to more food than we know what to do with.

What God says:



The world is bad and getting worse



We work less, are living longer and have more food than ever

What Statistics say:

Extreme Poverty has been cut in half in past twenty years. Racism is down significantly Domestic Violence more than cut in half Divorce rate has fallen since 1980

What God says:

My life is hard

- The world is bad and getting worse
- The world is dangerous so I live in fear



What Statistics say:

We work less, are living longer and have more food than ever

Extreme Poverty, Racism, Violence and Divorce are going down significantly

Crime is lower than in the past 60 years Terrorism is much lower than the 1970s Travel is safer than ever

What God says:

My life is hard

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What Statistics say:

We work less, are living longer and have more food than ever

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We are living in the safest time in the history of the world.

What God says:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2

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What God says:

If life is hard, God is with you and you are part of God's Kingdom

- If the world is bad, God is still in control.
- If things are dangerous, God can give you peace and joy.



WORSHIP OFTEN

honoring who God is, what God has done and will do.





"to set the mind on the Spirit is life and peace" Romans 8:6

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Ways to worship?

- Attend Church
- Serve others
- Pray

- Exercise
- Appreciate Nature
- Listen to Music





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FIND HEALTHY COMMUNITY

encourage one another and build each other up. 1 Thessalonians 5:11

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FEED YOUR MIND TRUTH

whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. . . And the God of peace will be with you. Phil 4:8

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LIMIT NEGATIVE LIES

for [Satan] is a liar and the father of lies. John 8:44

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A Dog's Diary:

8am – Dog food! My favorite thing! 9:30am – A car ride! My favorite thing! 10:30am – A walk! My favorite thing! 1pm – Played in the yard! My favorite thing! 3pm – Wagged my tail! My favorite thing! 5pm – Milk bone! My favorite thing! 7pm – Played ball! My favorite thing! 8pm – Watched TV with people! My favorite thing! 11pm – Sleeping on the bed! My favorite thing!



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<u>A Cat's Diary:</u>

Day 983 of my captivity. My captors continue to taunt me with bizarre, little dangling objects. The only thing that keeps me going is my dream of escape.

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