

Edward Church

FEELING EXPRESSING IT GIVING IT.

~WILLIAM ARTHUR WARD~

Getting Beyond the **COVID** Blues

FEELING

This Thanksgiving and Christmas: Don't Miss What You've Got... By Missing What You're Missing!

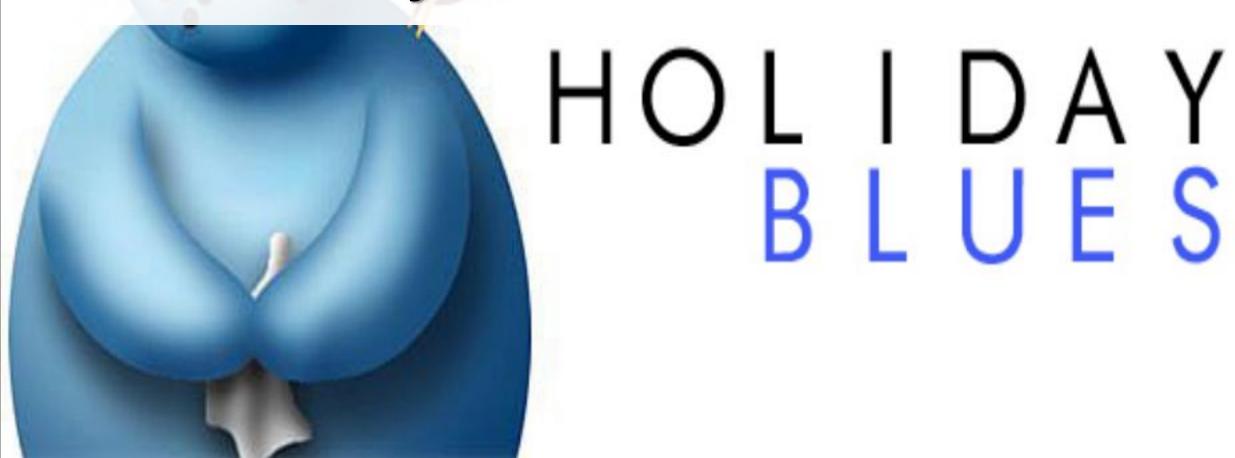


1 Thess 5:18

~WILLIAM ARTHUR WARD~















Signs

- feeling sad/ discouraged
- loss of interest
- Appetite weight change
- restless
- lack of energy
- feeling hopeless
- difficulty concentrating
- persistent thoughts of death or suicide
- withdrawal
- various physical symptoms

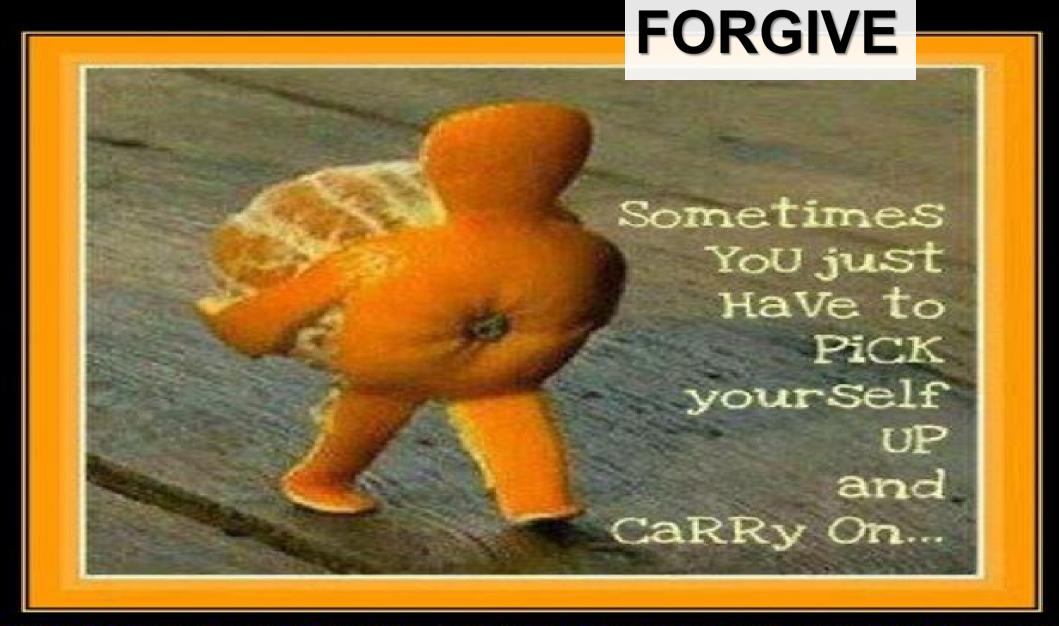




FAITH

Keep Faith that God Really Is In Control...
...You CAN Trust Him To Take Care of the Situation,
...In HIS Time, in HIS Way – Which Is the BEST Way.

"Jesus responded, 'Why are you afraid? You have so little faith!' Then he got up and rebuked the wind and waves, and suddenly there was a great calm." -Matthew 8:26 (NLT)



WHEN LIFE HANDS YOU LEMONS

FORGIVE

Forgive...

- o Past
- Yourself
- Those in Front of You (fellowship)
- Those Who are Not in Front of You (fellowship broken)

Remember: they may need to forgive you, too!

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins." -Matthew 6:14-15 (NLT)

"We should certainly count our blessings, but we should also make our blessings count."

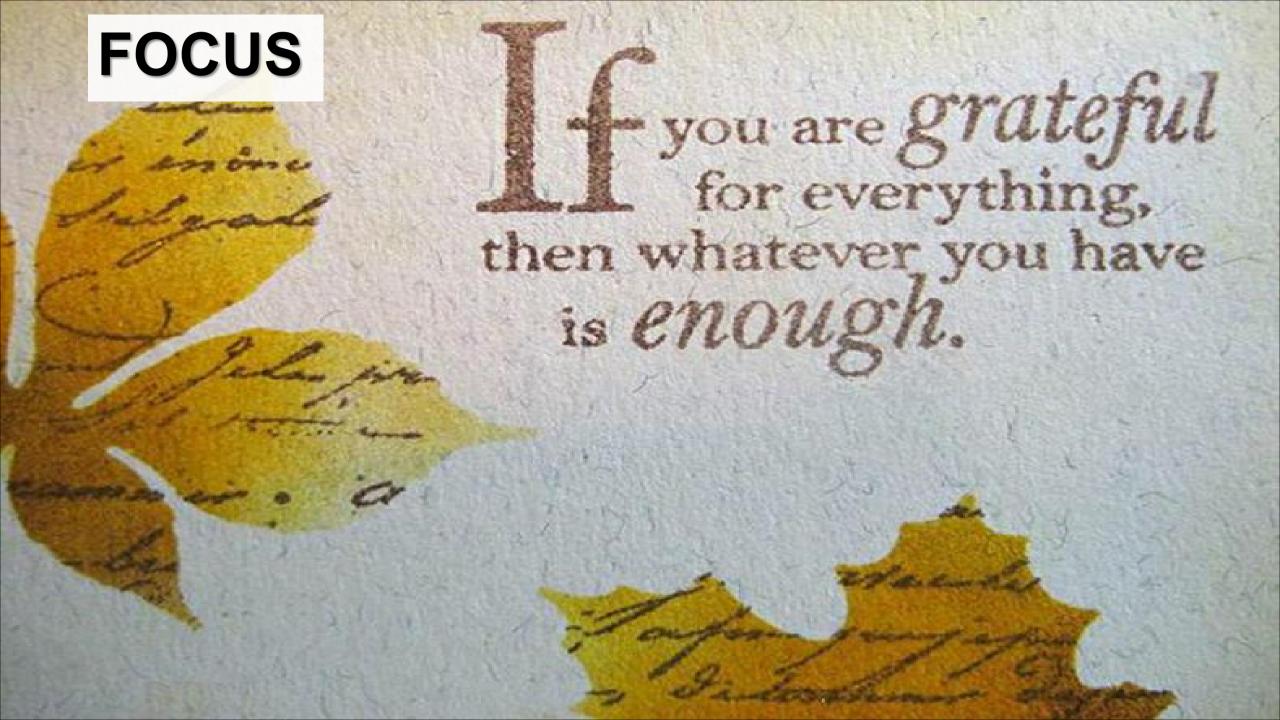
FACE

Keep Your Eyes on Jesus

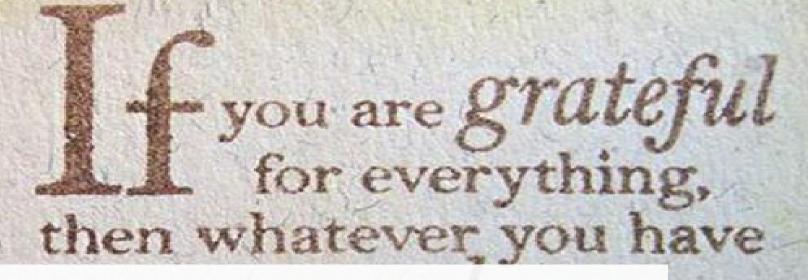
- Look Forward, not Backward!
- Seek HIS Face
- Let Him Take Care of the Rest.

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need." -Matt 6:33 (NLT)

make our blessings count."







Focus On...

OGIFTS in Front of You

What You Have – Not What You Don't Have

THANK God for the Gifts in Front of You...
TRUST God for the Gifts that are Coming

Focus on the ETERNAL Reward – ...Not on Your Temporary Home Here on Earth

FORGET NOT

'SOME PEOPLE COMPLAIN BECAUSE GOD PUT THORNS ON ROSES, WHILE OTHERS PRAISE HIM FOR PUTTING ROSES AMONG THORNS. - AUTHOR UNKNOWN

FORGET NOT

'SOME PEOPLE COMPLAIN BECAUSE GOD PUT THORNS ON ROSES, WHILE

OTHER

...True Meaning of Thanksgiving ...And Christmas

God Provided for our Spiritual...

...Physical Needs

Tell God How Thankful You Are for

- What He has Given to You
- What He has Not Given You

1 Thess 5:18, "give thanks in all circumstances; for this is God's will for you..."

- T- Take Nothing for Granted
- H- Humble Yourself Before God
- A- Action- Keep Moving Forward...
 ...Don't Let Circumstances Stop You
- N- Never Forget God Is Always In Control
- K- Keep Your Eyes on the Blesser..
 - ... Not the Blessing
- S- Say "Thanks" Often