

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

~ Philippians 4:8

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1. Have you ever thought so many happy thoughts that it changed your bad mood into a good mood?
2. Have you ever done the opposite - thought so many unhappy thoughts that it changed a good mood to a bad mood?
3. This verse reminds us that our thoughts have a big impact on our lives. If you focus on things that are true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise, do you think that will make your mood good or bad? This doesn't mean we won't have bad days or that it's wrong to feel unhappy but it does encourage us to try to call those good things to mind and not stew in our unhappiness or let it get the better of us. It's okay and even good to feel sad or mad or upset about things but it's also important to let those things go after a time so that we can remember the many blessings we do have. Take a moment now to thank God for those blessings and ask for His help in remembering them the next time you feel a bad mood taking over.

DRAW: Some of your favorite happy thoughts