The doctor said it should be healed in time for the next game, but I wish I hadn’t sprained it.

I can understand why you’re disappointed, but a positive attitude will help you to have courage to face your difficulties.

Being positive when experiencing difficulties doesn’t mean you are glad they happened, rather that you choose to be happy despite the problem.

It helps to look at the good things that are happening and to resist the temptation to feel sorry for yourself. This might not seem easy to do, but you can ask Jesus for strength to do just that.
Have you ever observed how a vine grows? A young vine isn’t strong enough on its own, so for support it will cling to a tree or other support as it grows. With support, the vine can grow strong and healthy.

You, a child of God, are like a vine, and Jesus is the strong tree that gives you the support you need as you grow and progress through life.

When everything is going well for you, sometimes you might forget that it is important to attach yourself firmly to Jesus.

Look how strong I am! I can stand on my own! Maybe I don’t need the tree anymore.
When difficulties or problems come your way, those events can help nudge you closer to Jesus. And as you cling tighter to Jesus, you become stronger.

Jesus is a diligent gardener. He tends each of you, His plants, with the love and care that He knows will help you most.

When there is a breeze or wind, the vine will cling tighter to a tree to be protected.

Oh, look! The breeze can’t bother you when you cling tighter to the tree. That will make you stronger, little vine!

The wind is so strong! I need something to hold on to.

Lucy Vine

Wormy

Julian
The Bible says, “I always stay close to you, and you hold me by the hand. You guide me with your instruction.” During times of difficulty or injury or loss, remember that Jesus is there to support you. He will hold your hand and guide you; He will bring you comfort when you are discouraged or sad.

When difficulties and problems arise, just like the wind pushes a vine closer to the tree, you can allow the problem to push you toward Jesus.

You can use your time of disappointment or difficulty to draw closer to God by reading His Word and taking time to talk to Him. Tell Jesus your worries and concerns, and then remember that He is there for you. The difficult times can draw you closer to God.

1 Psalm 73:23–24 GNT
"Don’t worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God." 

The next time you are faced with a difficult or disappointing situation, you don’t need to worry. Cling tightly to Jesus, and He will fill your heart with peace, courage, and contentment that will see you through.

Just like a vine clings tightly to a tree for the support it needs, you can cling to Jesus. He will be your safety, your comfort, and your strength.

Oh dear! What a storm!

Hold on tight, Lucy Vine! I’ll keep you safe.

Oh dear! Someone is having fun in the rain.

Land ho! Drop the anchor!


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