Rise Above In Joy

At the end of the day, it can be fun to think about all the happy times you enjoyed that day. But sometimes you may also remember difficult things that happened.

Though life has many happy moments, you also face challenges and difficulties.

Similar to how the current of a river can pull a kayak downstream, disappointments and difficulties pull you down emotionally.

It was my idea to dress up like Pocahontas first.

But I like being Pocahontas too!

Uh-oh!

Arguing!

Hey, Dad! Look at this neat train engine. It’s the kind I’ve always wanted for my train. Can I have it, please?

You have a nice train engine already. Aren’t you saving for the tunnel to add to your track?

Hey, Dad! Look at this neat train engine. It’s the kind I’ve always wanted for my train. Can I have it, please?

Yes, but...
In life, there are things you can do to keep going upstream, even when unhappy events occur that might pull your emotions down.

Here are some tips that may help you rise above life’s challenges with God’s joy and keep you going upstream:

- Do things to help others be happy.
- Remind yourself of the good things that you have in life.
- Look to Jesus for help in overcoming the difficulty.
- Remind yourself of past disappointments, and how things worked out well in the long run.
- Jesus, please help us do our part, and trust You for the rest. “Not by might, nor by power…”
- “But by My Spirit, said the Lord of hosts.”

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