A secret to being happy, positive, and victorious in life is to focus on the light of My love for you. One way to do this is to reflect on the promises in the Bible about My care for you.

Your word is a lamp to my feet and a light for my path. (Psalm 119:105 NIV)
Think about the positive things to be found in every situation.

Fixing your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.

(Philippians 4:8 NLT)

Here are some tips for how to do this.

Focusing on the light of God’s love and truth will give you spiritual strength.

... sing a song of praise and happiness.

Also, smile to make others happy, and you will soon be happy too.

When you are sad or discouraged ...
If one of your favorite toys broke and needs to be fixed, play with the other good toys I’ve given you and thank Me for them.

Thank You, Jesus, for how You always heal me. “Who heals all my diseases.”
(Psalm 103:3b, paraphrased)

Thanks, Jesus, for this fast car!
When you are having difficulty learning something new in school, thank Me for what I’ve already helped you to learn.

When you feel uneasy about something, thank Me for My angels who surround you and are taking care of you.¹

I’m so glad You have sent a guardian angel to protect me!

For he will command his angels concerning you to guard you in all your ways.

(Psalm 91:11 NIV)
If you are lonely, remember that I am your best friend, and I’ve promised, “I will never, never fail you nor forsake you.” (Hebrews 13:5 TLB)

If you are disappointed when something doesn’t happen the way you wanted it to, think about the other blessings that I have given you.

I didn’t get new shoes today like Tina did … … but last week I got two new pairs of pretty socks with ruffles!
If you feel nervous or shy, read or quote Bible promises and praise Me for doing what I have promised.

Whether things seem right or wrong
What should you do?
Focus on the light,
On things good and true.

But when the Holy Spirit has come upon you, you will receive power and will tell people about me everywhere. (Acts 1:8, paraphrased)

Yes, God will give us the boldness we need to sing about Jesus today at the community center.

The Holy Spirit can give us the power we need.²

²S&S link: Character Building: Personal Responsibility: Problem Solving-1b
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