

"How to Find Hope Even in the Middle of the Mess"

- Look up to heaven every single morning and be grateful!
- Spend time in the Bible & get a daily nugget of hope.
- Talk to God - regularly and constantly. Discuss all things with Him.
- Journal your thoughts, hopes, prayers, and concerns.
- Be very particular about what you put into your mind! (watch, read, and listen to)
- Try to talk to 5 people every day - even by text.
- Join in more with more groups of people.
- Worship weekly - even if it is online.
- Be as healthy as you can be! It will make you feel better!
- Give to others what you need. Be generous & kind.
- Allow yourself to laugh, smile, and even have a little fun!
- Hope again! Allow yourself to hope!

————— Just a Reminder... —————

*"The faithful love of the Lord never ends. His mercies never cease.
Great is his faithfulness; his mercies begin afresh each morning."
(Lamentations 3:22-23)*