



Day TWO

OWN YOUR THOUGHTS

READ

Always be joyful.
1 Thessalonians 5:17 NLT

THOUGHTS

Do you always feel happy? I'm guessing the answer to that question is a resounding "no" from everyone. We can't always feel happy because things don't always go our way. We don't always get what we want, do we?

God says in the Bible to ALWAYS be joyful. That's a pretty big command, right? It seems impossible to be happy ALL the time.

But God says we can change our mindset—we can own our thoughts! Our thoughts are powerful, and with God's help, we can have joy even when we don't feel like it. So, the next time you feel like saying something negative, complaining, or responding to someone in a grumpy way, say a prayer and ask God to change your heart to be joyful!

PRAYER

God, I know I'm not always going to feel joyful, but help me to change my attitude to joy even when I don't feel like it. Help me to always do what is right! Amen.

