

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23 NIV

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

Matthew 6:19-21 NIV

To remain optimistic, I embrace...

1. Soul care.

The Lord is my shepherd; I have all that I need.

He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength.

Psalms 23 1-3a NLT

...(Jesus) fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.” When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing.

Matthew 26:39-44 NIV

How to Lament to Jesus:

- Get alone with God! (safe space)
- Write down/share your losses with God.
- Jesus, what do you say about this person?
- Wait...Listen to what the Holy Spirit may say.
- Laments always lead back to praise!

2. Seasons of life.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11 NIV

3. Serving others.

“For even the Son of Man came not to be served but to serve others.”

Mark 10:45a NLT

4. Surrendering it all to God through praise.

Your constant love is better than life itself, and so I will praise you. I will give you thanks as long as I live; I will raise my hands to you in prayer. My soul will feast and be satisfied, and I will sing glad songs of praise to you.

Psalms 63:3-5 GNT

Weekend Music:

You're Worthy of My Praise (Lifeway Worship) • Great Things (Phil Wickham)
Holy Forever (Bethel Music) • You Keep Hope Alive (Church of the City)
Goodness of God (Bethel Music)