



"Catch the Joy"

You're never too old to do this: Tape this insert to your bathroom mirror. Each morning put on your biggest, brightest smiley face and say, *"Good Morning, God. Thank you for this day."*

Make it a habit and you'll be surprised by the profound and joyful impact it will have on everyday life.

First, it affirms our faith that "with God all things are possible." (Matt 19:26)

Second, we start the day with a positive attitude and confidence that we can meet our goals for the day, whether it's at work, at home, or at our leisure.

Give thanks for the time, talent, and resources in your life. Also thank God for the church and people in your life.

When you start your day with a smile and gratitude, you open your mind and heart to the happiness and opportunity each day may bring.

***A cheerful look brings joy
to the heart. Prov 15:30***