



When You're Feeling Down, Look Up!

Pastor Larry Vriezelaar | July 26, 2020 | First Congregational Church

People complain all the time. The weather: too hot or too cold. Home all the time - too busy to relax. House is too big - house is too small. Phone rings all the time - no one ever calls.

Friends, we need to bend the curve on the pandemic of **complaining!**

There is a cure and the cure is gratitude!

A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed. Proverbs 15:13

Gratitude is a gateway to peace.

[Philippians 4:4-8](#) **⁴Rejoice in the LORD always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The LORD is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the **peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.

No Jesus...No Peace---Know Jesus...Know Peace! (Screen shot)

A well-known psychology researcher suggests that **positive emotions** have the uncanny ability to "create improved psychological and physical well-being."

1. INPUT EQUALS OUTPUT

The loudest and most influential voice you hear is your own inner voice. What are you reading, watching, listening to? Is it primarily positive or negative? If you are not balanced or slightly on the positive side, weed out the things that aren't helpful to you. In the end, they are not worth the sacrifice.

Proverbs 4:23 reminds us...**Guard your heart above all else, for it determines the course of your life.**

2. Lack of Enthusiasm creates a decline in effectiveness.

Are you feeling overwhelmed, underappreciated, or unmotivated? What are the negative thoughts that are feeding those feelings?

Check out the thoughts that are filling your mind.

...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Phil. 4:8

3. Positive Speech is Powerful

Words have power. **The tongue holds the power of life and death.** (Prov. 18:21)

The message version says: **Words kill, words give life; they're either poison or fruit – you choose.**

4. Believe the Best

Instead of feeling negative about yourself...tell yourself...**God created me. I am His handiwork. I've got this!**

Ephesians 2:10...**For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.**

5. Strength is Born from Struggle

Everyone has struggles. Just because you encounter a positive person does not mean that person hasn't had life happen.

No one has it all together. But you can learn to keep sending your mind on an upward spiral, no matter what happens around you or to you.

Romans 5:3-5 says: **We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.**

Remember, the difference between someone who is negative and someone who is positive is not necessarily what they have been through, it is how they've chosen to respond.

Our goal today was to lift your spirit...I pray we have done that!

Prayer

Rejoice in The Lord Always