



HOW CAN WE BE GENTLE WITH OUR FAMILY AND FRIENDS?



SEND US YOUR COMMENTS

Go To: www.destined2riseministries.org

Then Go To: **CONTACT**



Life can be tough.
Evil is rampant in
our world but it's a
beautiful world that
God created in
Genesis.



We live in
unpredictable
times! Even though
times have been
difficult almost
three years,
especially during
the height of the
"Virus Pandemics",
God is still God and
He is able to help us
if we put our trust
in Him.



REFLECTION



Have we been holding a grudge
against family and friends?



Have we been going to bed angry or
carrying unforgiveness in our
hearts?



Have we used harsh, negative
words or verbally abused a
family member or a friend?



Have we been violent with our
family and friends?



Have we forgiven ourselves?



Are you a conniving
member of your family?

REFLECTION



**Are you a passive member
of your family?**



**Do you help, encourage, and
support your family members when
they need help (Physical and
emotional)?**



**Do you love every member of
your family, regardless of any
hurts they may have caused
you?**



**Do you take care of
yourself, especially your
health and wellness?**



**Have you forgiven members of
your family and friends who
have hurt you?**

PRAY



Send a prayer to your family and friends today!

Tell them that you love them because time is of the essence!

Pray for families and friends whose loved ones have gone ahead of us.

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' For thine is the kingdom, the power and glory forever and ever."

Amen

(Matthew 6:9-13)

HOW CAN WE PRAY FOR YOU?

Send Us Your Prayer Request:

Go To: <https://destined2riseministries.org/prayer-and-inspiration>

ARE YOU STRUGGLING THROUGH FAMILY, FRIENDS OR OTHER RELATIONSHIP ISSUES?

Do you find it difficult to raise children today, and experiencing pressure at the job? Do you have thoughts about past hurts or even going through hurts and pains right now, disappointments, or feelings of personal failure?

What a powerful feeling you'll have if you take all these problems to the Lord in prayer. I pray that you will find strength and a new life if you let go and give all your problems, stress, anger, and frustrations to the one who is able to do exceedingly and abundantly all that we ask for. He knows what we need before we even ask him. He can carry our burden!

Jesus said, **"Take my yoke upon you and learn of me; for I am gentle and humble in heart, and you will find rest for your souls.**

For my yoke is easy, and my burden is light."
(Matthew 11:29-30).



www.destined2riseministries.org

<https://www.amazon.com/Rebecca-Adele/e/B09RS1P34B>