Those things holding you back (Situations, Shame, Guilt, "Unfair", Bad Habits, Bad Decisions)	Blessings you have in Life (Things conducive to happiness or welfare)	Times God was there for me (Things worked out for the better after a difficult situation)
	Your Happy Places	

Do not copy the behavior and customs of this world, but let God <u>transform</u> you into a new person by changing the way you think. Then you will learn to know God's

will for you, which is good and pleasing and perfect Romans 12:2



Those things holding you back Blessings you have in Life (Situations, Shame, Guilt, "Unfair", Bad Habits, Bad Decisions) (Things conducive to happiness or welfare) Get rid of the things that are holding you Fill out list of your blessings in life back. Acts 3:19 Psalm 103:2 Hebrews 8:12 **Philippians 4:8** – think on THESE things Hebrews 12:1 Psalm 118:1 Philippians 3:13-14 Isaiah 43:18-21 Do NOT let the past or your fears stand in the Benefits of counting your blessing: way of your future! Lift your spirits Forget it Helps us sense God's presence, enlarges my No sin or problem is too big for God to perception of God – my problems shrink forgive Energize you Reveals solutions I cannot see Roman 6:14 Reminds us God is with us Look back on what you've done good and build on it. Learn and build on it Builds our faith in God

Times God was there for me

(Things worked out for the better after a difficult situation)

God is **ALWAYS** with me

Joshua 1:9

Do not copy the behavior and customs of this world, but let God <u>transform</u> you into a new person by changing the way you think. Then you will learn to know God's

will for you, which is good and pleasing and perfect Romans 12:2



Those things holding you back

(Situations, Shame, Guilt, "Unfair", Bad Decisions)

	Kids making bad decisions
	Too fat
	Negative thinking
	No time
	Injury
	More schooling
	Too old
	Mom – Alzheimer's
	Covid
	Society civil war
	Bad boss/job you hate/relationship problem
Му	Bad boss/job you hate/relationship problem Happy Places
□ My	, , , , , , , , , , , , , , , , , , , ,
My	Happy Places
	Happy Places Movie time with Lori in AM
	Happy Places Movie time with Lori in AM With Grandkids
	Happy Places Movie time with Lori in AM With Grandkids Conquer the morning routine
	Happy Places Movie time with Lori in AM With Grandkids Conquer the morning routine Road trips and travel
	Happy Places Movie time with Lori in AM With Grandkids Conquer the morning routine Road trips and travel Exploring

Don't let these hold you back.

God has not given us a spirit of fear and timidity, but of power, love, and self-discipline 2 Tim 1:7

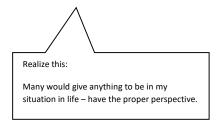
SONG: Count your Blessings - Guy Penrod

SONG; Together by Curtis Chapman

Blessings you have in Life

(A thing conducive to happiness or welfare)

Born in USA
Great parents
Legacy of Christians/ministers
Parents loved life and sports
Nicest mom in the world
God gave me love of life, optimistic attitude
Natural leader/caught on to things quickly
Popular in school, lots of friends of all types
Great, fun church – solid Christian friends
Parents taught right and wrong, held us
accountable, didn't fight our battles for us, led
by example, experiences
Job, retire early, \$\$
Kids and grandkids
Church
Health
Traveling – seen the world
Kyle – close and recovering



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Times God was there for you Your "ONLY GOD..." Moments

(Things worked out after a difficult situation)

	<u> </u>	
	Through divorce and after –	
	Found Lori – raise w/blended family w/me	
	Laid off – forced me to slow down.	
	saved my life/health/family	
	Hit by car	
	Car accident with Lori	
	Adrenaline Junkie – diving, rafting no jacket	
	Lost \$1mm sale – learned teamwork	
	Parachute twisted	
	Terrible boss, Passed over for promotion	
	Told to keep Dave at Nalco – failed but great	
	Almost about to fail out of West Point,	
	depressed and homesick	
Angels in my Life		
	April 2022 – AAA guy shows up on freeway	
	within 5 minutes of my call, gives gas, and leaves	
	(dangerous) – timing and safety	

	Josh Lomeli – helping Kyle get back on tracl	
Rough Experiences that God turned to GREAT		
	Mercedes fell off lift – got new Mercedes	
	My layoff	
	Our divorces	
	Kyle's addiction	
	Lisa not being able to have a baby	
	No local scholarship, ended up at West	

☐ Dr who operated on Isaiah.

☐ Lori avoids car accident – now way they didn't hit her. Ghosted through her car.



