

MARY MOMENTS!

EACH DAY IS FILLED WITH ITS' OWN SET OF PROBLEMS AND CONCERNS. EVEN WHEN YOU HAVE A FANTASTIC MARY MORNING, YOUR DAY CAN GO AWRY WITH THE SLIGHTEST VARIANCE IN WHAT WOULD BE CONSIDERED NORMAL ACTIVITY. THAT IS WHY I BELIEVE WE HAVE TO PRACTICE BEING MARY.

I SUBSCRIBE TO PRACTICING MARY MOMENTS THROUGHOUT YOUR DIFFICULT DAYS. THE BEST WAY TO DISARM A DAY RIPE WITH SITUATIONS IS TO PREPARE FOR IT IN ADVANCE. YOU MUST HAVE A GAME PLAN TO HANDLE THOSE DAYS. BECAUSE IT IS NOT A MATTER OF IF YOU WILL HAVE A DIFFICULT DAY, BUT WHEN. SO YOU MIGHT AS WELL DECIDE RIGHT NOW WHAT YOU WILL DO IN THE MOMENT WHEN DIFFICULTIES SHOW UP. HOW WILL YOU RESET YOUR DAY?

THANKFULNESS IS A POWERFUL RESET BUTTON!

HAVING A LINEUP OF DECLARATIONS AND AFFIRMATIONS THAT YOU CAN HURL AT YOUR PROBLEM CAN AND WILL CHANGE THE ATMOSPHERE AND YOUR OUTLOOK ON THE DAY. HERE ARE A FEW OF MY PERSONAL FAVORITES TO GET YOU STARTED.

SEARCH FOR THE PASSAGES BELOW IN SCRIPTURE. THEN USE THE EXTRA SPACE TO WRITE A FEW OF YOUR OWN THANKFUL STATEMENTS THAT WILL HELP LIFT YOUR SPIRITS AND REDIRECT A DAY GONE AWRY.

I'M THANKFUL THAT...

- MY GOD SUPPLIES ALL OF MY NEEDS ACCORDING TO HIS RICHES IN GLORY.
- GOODNESS AND MERCY FOLLOW ME ALL THE DAYS OF MY LIFE.
- GOD IS FOR ME, THEREFORE WHO CAN BE AGAINST ME?
- HE IS MY SHIELD AND HE RESCUES ME FROM TROUBLE.
- HE HOLDS ME IN THE PALM OF HIS HAND AND NOTHING CAN PLUCK ME OUT.
- I AM SAFE IN HIS ARMS.
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NOW YOU ARE PREPARED TO HAVE MARY MOMENTS THROUGHOUT YOUR DAY TO KEEP YOUR FOCUS ON GOD AND NOT YOUR TROUBLES. DEPLOY YOUR PLAN WHEN NEEDED.

ENJOY YOUR MARY MORNINGS AND YOUR MARY MOMENTS!

BY: PAM LILLY