

# What's Good About Being in Jail?

Jail gives you time to ...

- heal from mental and emotional wounds and addictions
- quiet your mind while learning to live in a restful, healing, calm of patience and faith
- recognize you are a person of value and God has a good plan and purpose for your life
- decide to be a better person with God's help, strength and direction
- end destructive actions, thoughts, focus and relationships
- forgive yourself and ask God and those you have hurt for forgiveness
- examine what is most important to reset your priorities and rearrange your plans
- get to know that God wants only good for you and to listen to His direction for your life through prayer, reading the Bible, positive interactions with others and your conscience
- give God time to begin a change in you toward the person He planned for you to be
- learn to be grateful for your life and blessings and what God has provided for you
- humble yourself, ask for the help you need, listen to good advice, and start a new beginning
- renew and increase your love for God, yourself and others
- be grateful for a bed, food, clothing, protection and the people who encourage you
- learn to get along with authority figures, peers and others with consistency
- get past your anger, bitterness, resentments, fears and anxieties with God's help
- realize God is strong when you are weak, and He'll give you strength in your time of need

If you want to learn about God's love for you, if you have questions about the Bible, God or Jesus Christ, if you want more information about our ministry, or if you want us to send you a

## FREE BIBLE

write to us -

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