

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow, reap, or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour of his life?" Matthew 6:25-27

#1 Take the Lord with you into the battle.

There is not a better physician who will stand by your side through thick and thin.
There is no better doctor that knows your body.
There is no one who cares about you as much as the Lord Jesus Christ.
God is always there to cheer you on.

2 Take His Word with you every day.

Find scriptures to claim as yours; after all, they ARE for you. You can change to a different scripture daily, or weekly or monthly. There is power in the Word of God!

#3 Keep your connection active

Day by day, minute by minute, keep your thoughts and prayers going upward! God loves to hear your "breath prayers." Talk to Him about even the small things. Remember he is listening! And He loves you, no matter what! Tell Him how you feel, even if you are angry at your situation. He knows your heart and feelings anyway. He can help you to deal with them in a positive way. Don't keep all your feelings inside.

#4 Accept the job position of "Keeping a Positive Attitude."

This is a tough job. But someone has to do it! WE have to do it! We CAN do it with God's help!

#5 Don't assume that because others don't have MS or are in the same situation as you are in that there is no one that understands or cares about you.

There are always others around us that are facing problems. From the outside it might look like everything is perfect. But we live in a real world with real challenges and even though we are not all facing the same thing, we are ALL facing SOMETHING!

#6 Keep a journal. Keep track of God's love to you.

Keep a record of the small things that God gives you each day. The sunshine is God's gift to us. The very breath you breathe is a gift. The bed you sleep in, the food you eat. The list, actually, is endless. But it should be YOUR gifts of love from YOUR Heavenly Father!

#7 Give your stress to God.

If you try to carry all the stress by yourself, you aren't going to make it very far. But when you set it down, the weight is gone. It feels great! This is what God is ready to do for you! Set it down at His feet!!!!

8 SMILE