

FAITH toolkit

Love Notes, for the Not-So-Lovely Days

"For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ."
Galatians 1:10

"But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."
Luke 6:27-28

"All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish."
Isaiah 41:11

"Out of the depths I cry to you, Lord; Lord hear my voice. Let your ears be attentive to my cry for mercy."
Psalm 130:1-2

ACTION STEPS:

- Remember your own past experiences and examples of how God has shown up in your life, and rescued you. Remembering those times is a reality check, and reminder God is there. Tip: To help with this, use a gratitude/blessing journal to record these moments.
- Reach out to God-fearing friends who are faithful. Even if all you do is send a text and say, "Please pray for me today." You may be surprised at the encouragement and relief you'll feel immediately.
- Look for the GOOD. Head to a bible app, Facebook group, YouTube video, for uplifting, faith-based encouragement to get back on the faith-train.