One! Two! Three! Four!

Rule One:

Be Thankful Always!" No matter what calamity may befall you, God doesn't want you to give up. He expects you to trust in Him to provide the help you need. And He expects you to do your part by being thankful for what you have!

Rule Two:

"Be Giving Always!" that doesn't have to mean the giving of material things. But it does mean the giving of yourself. Be kindly and cheerful, not selfish and cold. Offer encouragement, be helpful, think of and do good things for other people.

Rule Three:

"Be Forgiving Always!" Holding a grudge or being mad at someone is practically guaranteed to make you unhappy. Any anger, hurt or resentment we permit ourselves to feel work only against us. They never help us. You're even leading yourself to better health when you can forgive and forget!

Rule Four:

"Be Faithful Always!" Have faith in the Lord and you will be a positive thinker. You'll be able to act and react confidently. Believe with all your heart that good things will happen for you always!"

Read Thessalonians 5:16-18