



GRACE

G - Gladness - You're going to have to get glad in the same pants you get mad in, so think before you throw a fit — it may not be worth it. You've got a life-giving quarter second to choose gladness. (Proverbs 19:11)

R - Run from Temptation, Run to God - ""Run away from youthful lusts—pursue righteousness, faith, love, and peace with those [believers] who call on the Lord out of a pure heart." (2 Timothy 2:22) "Come to me, all who labor and are heavy laden, and I will give you rest."(Matthew 11:28)

A - Alone time - Spend time alone with God. You might be surprised how hard this can be, but it's worth it. You don't have to do anything special, just sit and listen for God's voice. Meditate on God's Word (Psalms 119:9-11). Seriously, have you ever spent time with God and, when you were done, said "Oh my gosh, I wish I hadn't done that!"

C - Contact someone, Care for someone, Celebrate someone, Cook for someone, Clean for someone, Call someone. When loneliness sets in, instead of sitting around thinking about yourself, get yourself off your mind by thinking of others instead. (John 13:34-35, Galatians 6:9-10)

E - Exercise - This should come as no surprise — you need exercise. Take a walk, ride your bike, stretch. (1 Corinthians 6:19-20)