



# RIVER VALLEY HS FCA CLIPBOARD

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Dear Vikes,

I read a story about Martin Luther that he through a long period of depression. One day his wife dressed in all black.

"Who died?" asked Luther.

"God," said his wife.

"God!" said Luther. "How can you say such a thing?"

She replied, "I'm only saying what you're living."

Luther realized that he was living as if God were no longer alive and watching over him. He changed his attitude from gloom to gratitude.

Sometimes we live like God is dead . . . discouraged, depressed, disappointed . . . that's when we need to turn to God's Word. David wrote, "You have turned for me my mourning into dancing . . . O Lord my God, I will give thanks to You forever" (Psalm 30:11-12).

Facing every situation with thanksgiving helps us see our circumstance from God's perspective . . . as opportunities to receive His power, His promises, and His peace.

Every time you express gratitude to the Lord in a difficult circumstance, you're declaring, "God is alive! . . . and in control!" Happy Thanksgiving!

Upward bound,

Coach Pat



**"In everything give thanks"**  
1 Thessalonians 5:18



# BE POSITIVE!

One of the things I struggle most with is negative thinking. . . it's so easy to fall into the trap of grumbling and complaining. Like the children of Israel, in Numbers 11, they complained and grumbled when they should've been praising the Lord for His awesome provision.

I'm working each day, as I go through my daily routine, to concentrate on the bright side . . . I want to be up, with a positive attitude. I want to learn how to respond to life not simply react to it and in that process be praising God and being grateful for all He doing in my life. I'm tired of the pity-parties!

How about you? Are you a positive-thinker? . . . and a positive-doer? There's always something to thankful for. Think about God's love . . . His hope . . . His Son. Instead of complaining . . . start being thankful. Check out the positive-side of life!

THANKFULNESS  
DEPENDS  
ON WHAT'S  
IN YOUR  
HEART,  
NOT  
WHAT'S IN  
YOUR  
HAND!

