

Maintaining a Positive Attitude in Challenging Times

- Remember that we are told to have a positive attitude in difficult times (Joshua 1:9, Romans 5:3, James 1:2,3, Luke 6:22,23, Romans 8:17,18,35-37, II Corinthians 12:9,10, I Peter 4:13,14)
- Remember that it isn't wrong to be discouraged or down (Elijah-I Kings 19:9-14, 18, Paul-II Corinthians 7:5,6, et al.)
- We must avoid negative, sinful attitudes that can develop (Bitterness-Ephesians 4:31, Hebrews 12:15, Despair-II Corinthians 4:8, Fear- II Timothy 1:7)
- Look to examples of people who remained positive in difficult situations (Joseph-Genesis 50:19-21, David, Jesus-I Peter 2:23, the Apostles-Acts 5:41, Paul-II Timothy 4:6-8)
- Remember some Bible verses that help you in difficult times (Psalm 119:105, II Corinthians 4:17, John 14:1-4, 26,27, John 16:33, Psalm 34:17-19, Psalm 147:3, Psalm 55:22, Isaiah 41:10,30,31, Jeremiah 29:11, Matthew 11:28, Romans 8:28, II Corinthians 4:8,9, Galatians 6:9, I Peter 1:6-9)
- Remember the beneficial things that come from enduring hardships (Patience-James 1:2-4, Increased reliance on God-Psalm 107:6, Humility-II Corinthians 12:7, Learning to know and trust God's comfort- II Corinthians 1:3, Learning how to comfort others-II Corinthians 1:4, Endurance-Romans 5:3, An eternal perspective-Hebrews 13:4)

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