



The 7 Ups!



1. Wake Up !!

Decide to have a good day.

"This is the day the Lord has made;
let us rejoice in it and be glad."
Psalms 119:24



2. Dress Up !!

**The best way to dress up is to put on a smile.
A smile is an inexpensive way to improve your looks.**

"Not as man sees does God see, because man
sees the appearance but the LORD looks into the
heart."
I Samuel 16:7



3. Shut Up!!

**Say nice things and learn to listen.
God gave us two ears and one mouth,
so He must have meant for us to do twice as much listening as talking.**

"He who guards his mouth protects his life."
Proverbs 13:3



4. Stand Up!!

**... for what you believe in. Stand for
something or you will fall for anything.**

"Let us not grow tired of doing good, for in
due time we shall reap our harvest, if we do
not give up. So then, while we have the
opportunity, let us do good to all, but
especially to those who belong to the family of
the faith."

Galatians
6:9-10



5. Look Up !!

... to the Lord.

"I have the strength for everything through
him who empowers me."

Philippians 4:13



6. Reach Up !!

... for something higher.

"Trust in the LORD with all your heart,
on your own intelligence rely not;
In all your ways be mindful of him,
and he will make straight your paths."

Proverbs 3:5-6





7. Lift Up !! ... your Prayers.

“Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.”

Philippians 4:6



A POSITIVE THOUGHT

If God had a refrigerator, your picture would be on it.
If He had a wallet, your photo would be in it.
He sends you flowers every spring,
and a sunrise every morning.
Whenever you want to talk, He'll listen.
He could live anywhere in the universe,
and He chose your heart.



What about the Christmas gift He sent you in Bethlehem;
not to mention that Friday at Calvary.
Face it, He's crazy about you.



God answers Knee-Mail !!



Have a great day and a better tomorrow!

†Don