

21 Days of Good Vibes

On the Daily AHA from Sugar Hill Church and Pastor Chuck Allen

DISCOVER, EXPERIENCE AND SHARE GOOD VIBES!

Seek a place of **quietude** and **gratitude**. **Focus** your heart and mind on the Divine, **read** His Word, **learn** His Word, express our **gratitude**, **bring our prayers** to Him, and **engage in serving** people in need. Here are today's GOOD VIBES:

“Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.” —Joel Osteen

DAY SIX

Read, Philippians 2:14–15 *Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world...*

Understand:

The Greek word translated “whiner or complainer” means literally “one who is discontented with his lot in life.” It is akin to the word grumbler. Complaining is certainly not a fruit of the Spirit (Galatians 5:22-23) and, in fact, is detrimental to the peace, joy, and patience that come from the Spirit. For the Follower of Jesus, whining is destructive and debilitating personally and only serves to make our witness to the world more difficult. Who, for instance, would be attracted to a faith system whose adherents are dissatisfied with life and who continually whine and complain?

I am grateful for these three things today:

1. _____
2. _____
3. _____

Today's reading taught me: _____.

Today, I am praying for:

1. _____
2. _____
3. _____

Today, I will serve: _____.

See you back here tomorrow for another DAILY GOOD VIBE!