

**BE
HAPPY
NOW!**
GUARANTEED



By Award Winning Author Terri Temple

***BE
HAPPY
NOW!***

GUARANTEED

By Terri Temple

*Nearly 200 quick inspirational
Scriptures, activities, thoughts,
and messages guaranteed to
instantly encourage
and uplift any Christian's spirit!*

By Terri Temple
Copyright © 2011 by Terri Temple
All rights reserved.

Be Happy Now! by Terri Temple

Published in the United States of America

ISBN

All rights reserved solely by the author. The author guarantees all contents are original and do not infringe upon the legal rights of any other person or work. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the author. The views expressed in this book are not necessarily those of the publisher.

The majority of the Scripture, unmarked and marked, is taken from the New International Version (NIV) of the Bible, Copyright © 1983 by Tyndale House Publishers, Inc. However, Scriptures unmarked are from the King James Version (KJV) and New Living Translation (NLT), Copyright © 1997 by Tyndale House Publishers, Inc., are taken from those versions of the Bible.

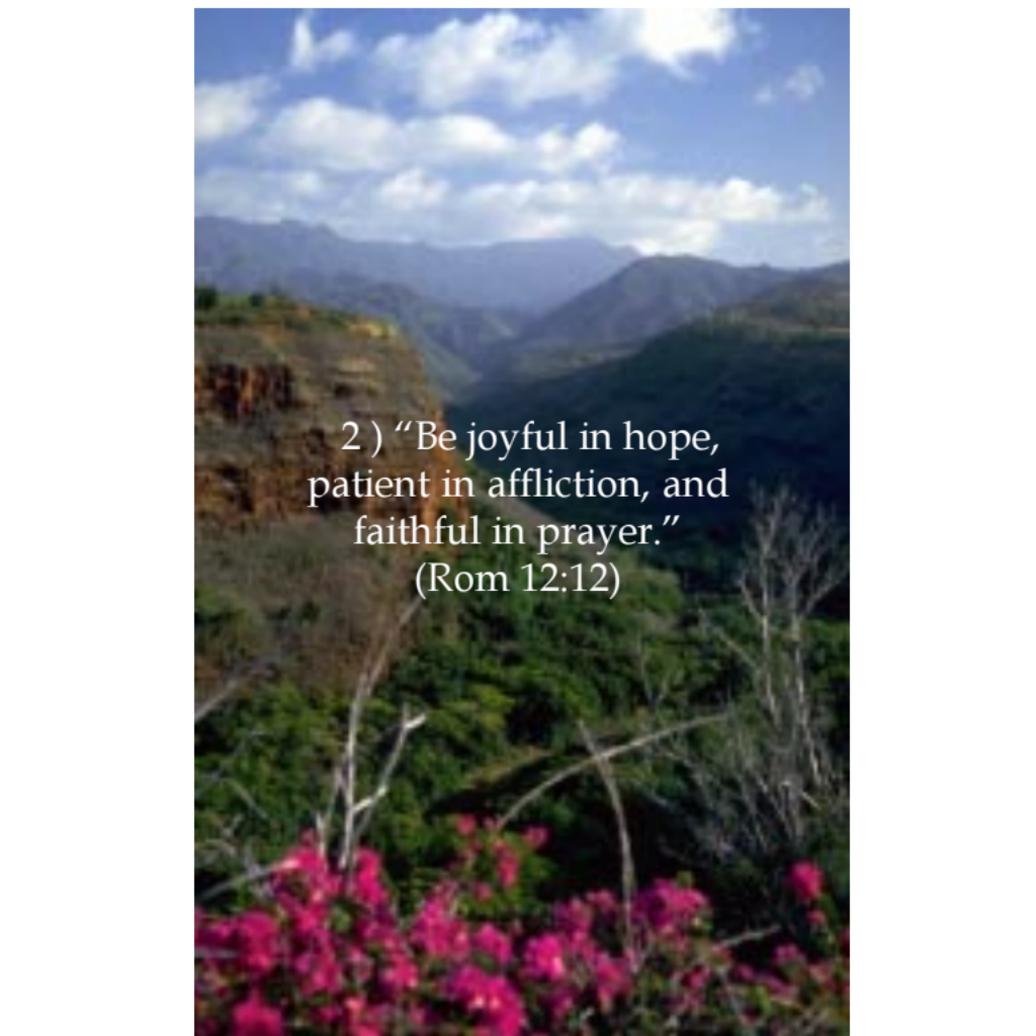
INTRODUCTION

As Christians and godly women we are to let our light shine and be an example to the world (Matthew 5:16). Because of our status with God via Christ we should be the happiest and most joy filled people on earth regardless of our circumstances, whether we have a lot or a little.

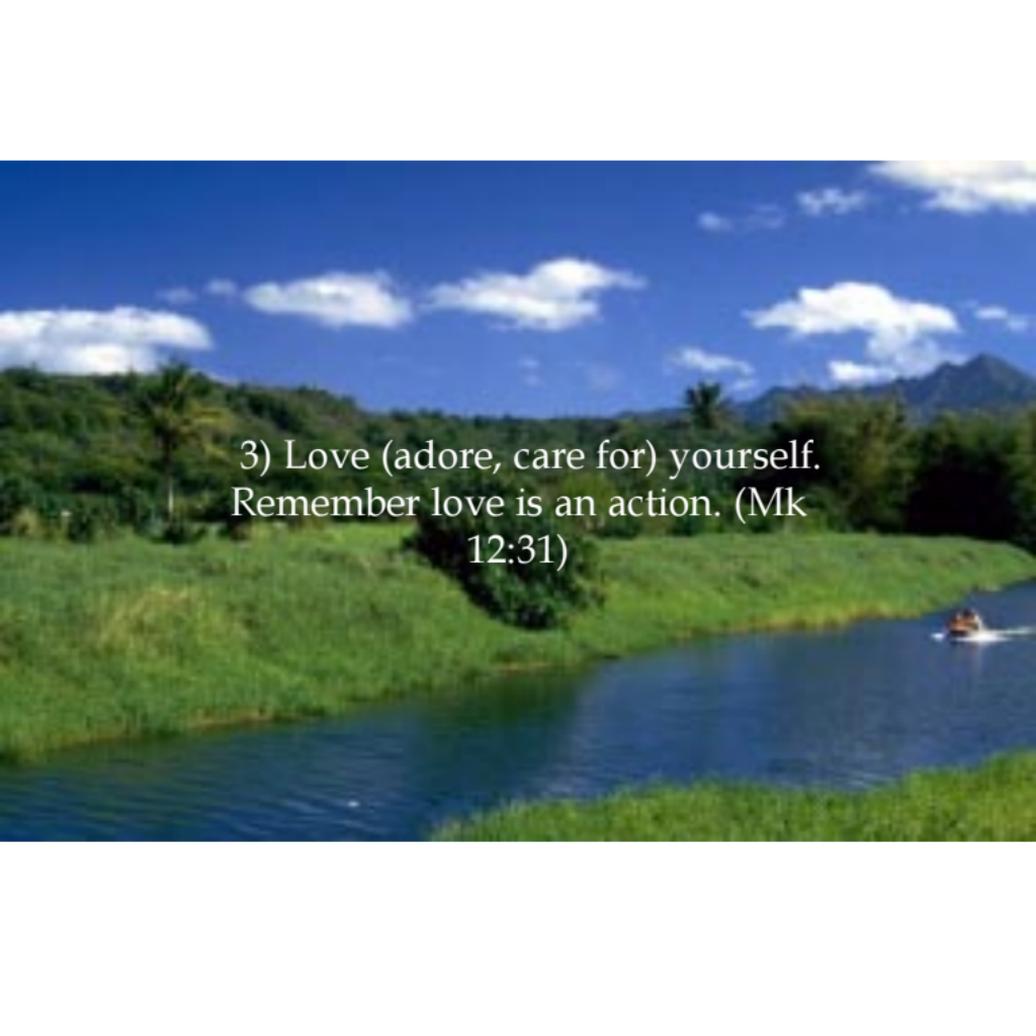
But sometimes, amidst a busy and malevolent world, even this is a challenge. Therefore this book was written to encourage and uplift Christians (followers of Christ) in the church so that others can see Jesus, who was joyful, peaceful and content, living in us. Enjoy!

A scenic landscape photograph of a mountain valley. In the foreground, a calm lake reflects the sky and the surrounding mountains. The middle ground shows rolling green hills and a valley floor. In the background, majestic mountains with patches of snow rise against a sky filled with soft, white clouds. The overall atmosphere is peaceful and majestic.

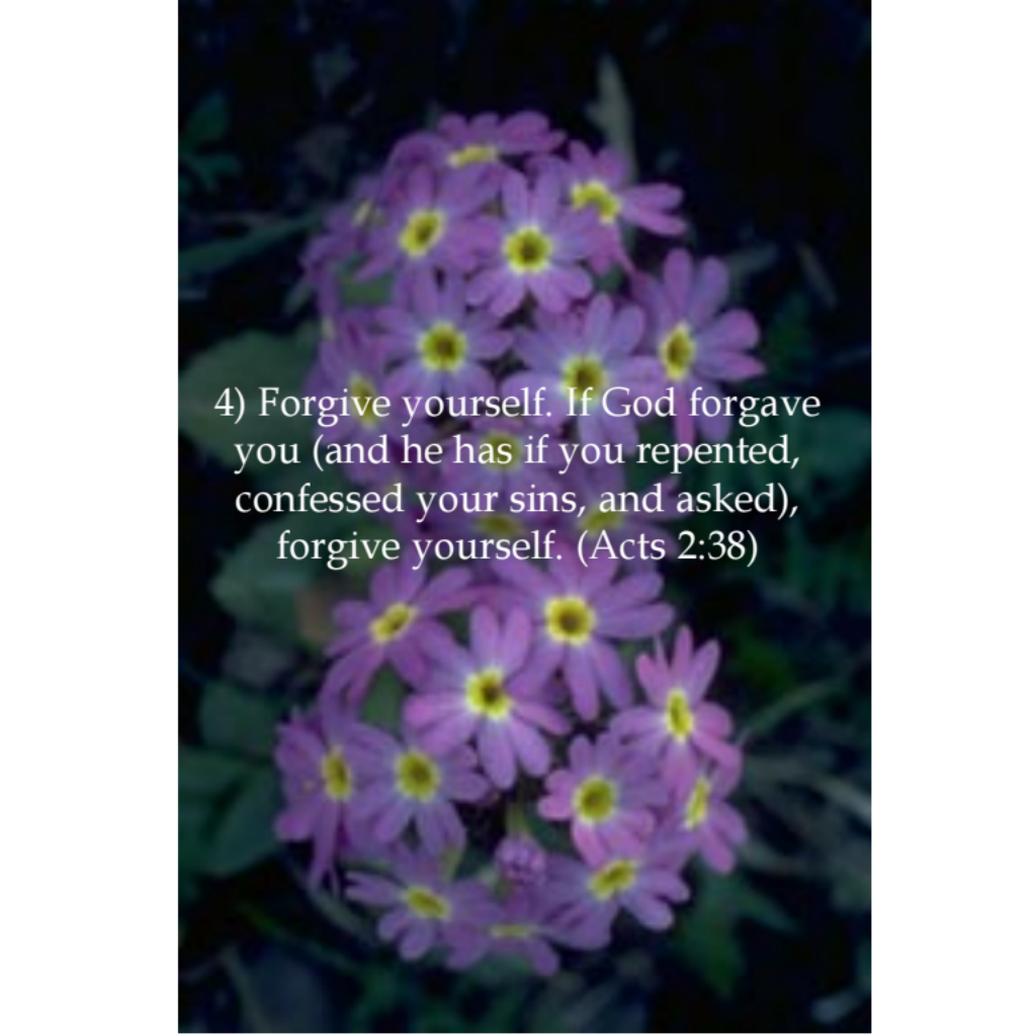
1) Realize (appreciate, take in,
grasp) and accept God's love for
you! (Jn 3:16)



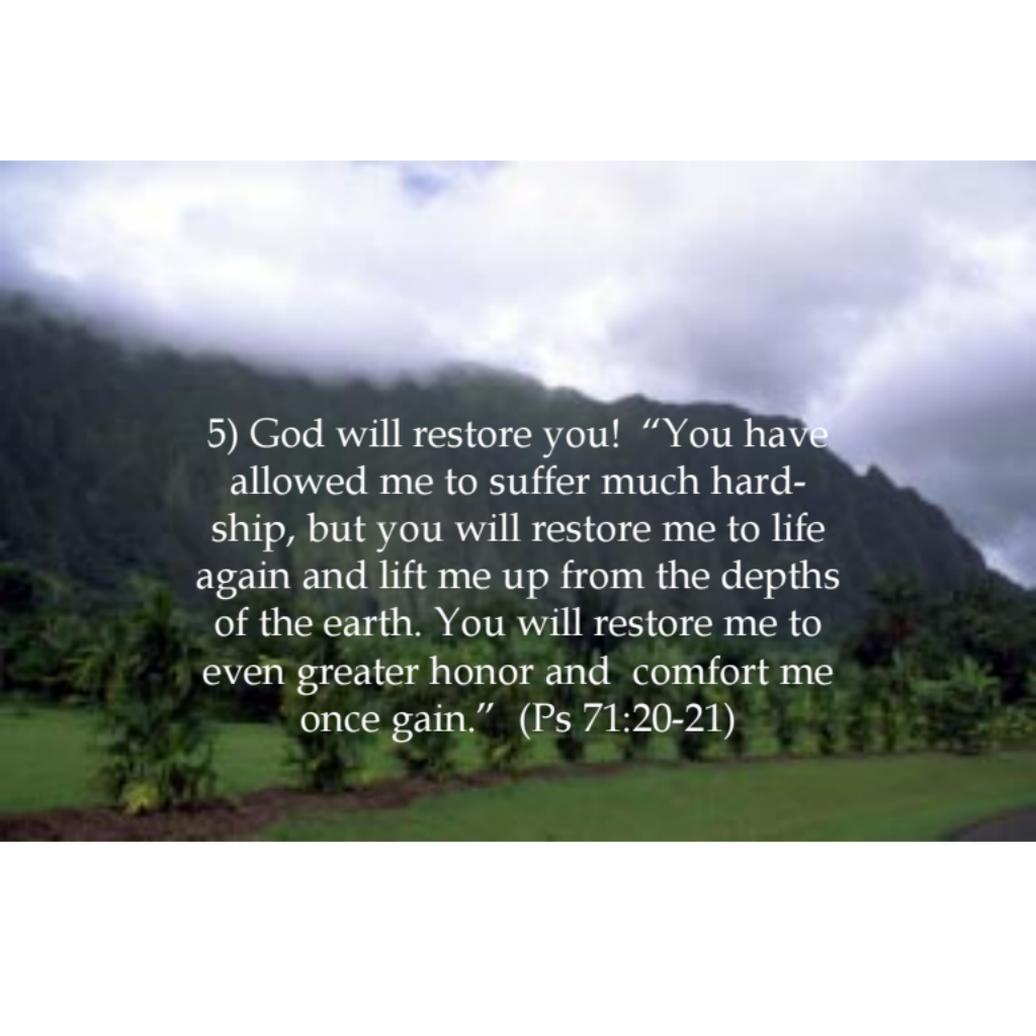
2) "Be joyful in hope,
patient in affliction, and
faithful in prayer."
(Rom 12:12)

A scenic landscape featuring a river flowing through lush green hills under a bright blue sky with scattered white clouds. In the distance, a mountain range is visible. A small boat with people is on the river in the lower right.

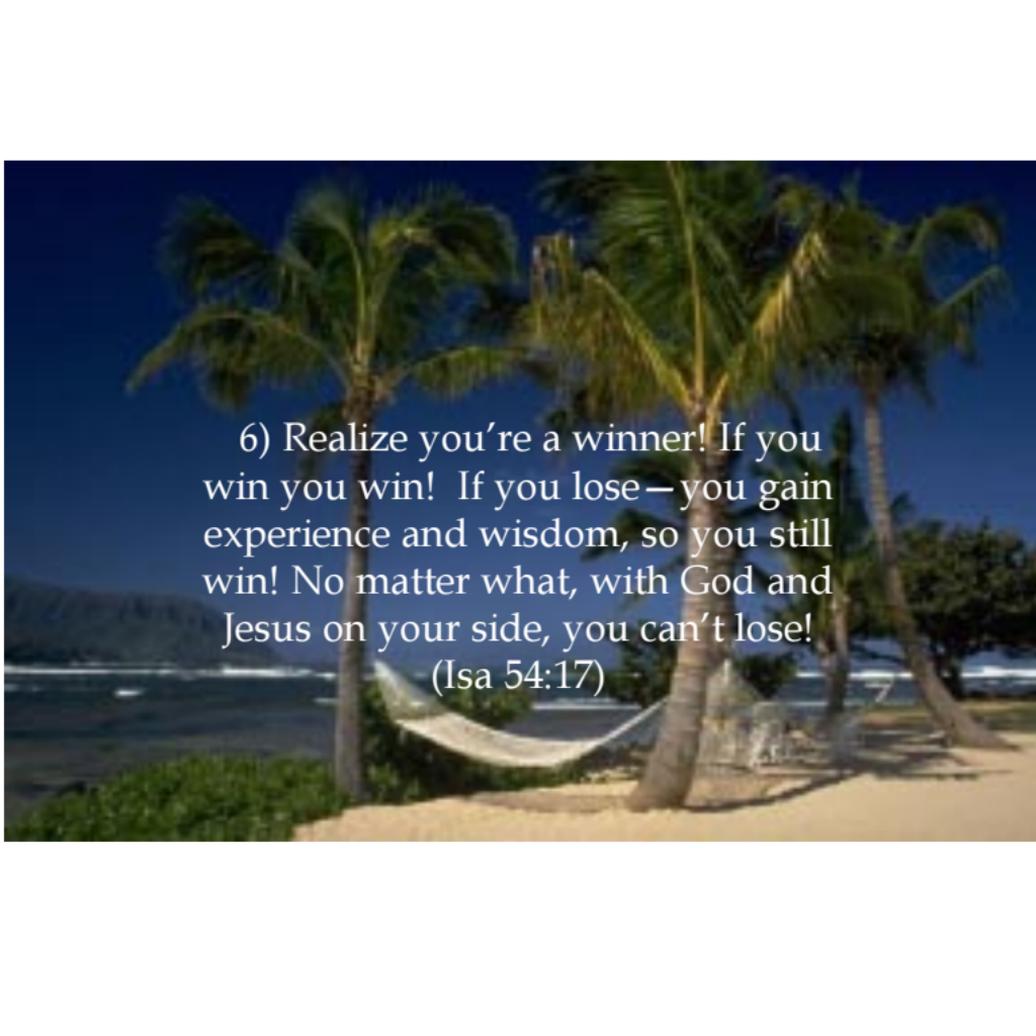
3) Love (adore, care for) yourself.
Remember love is an action. (Mk
12:31)



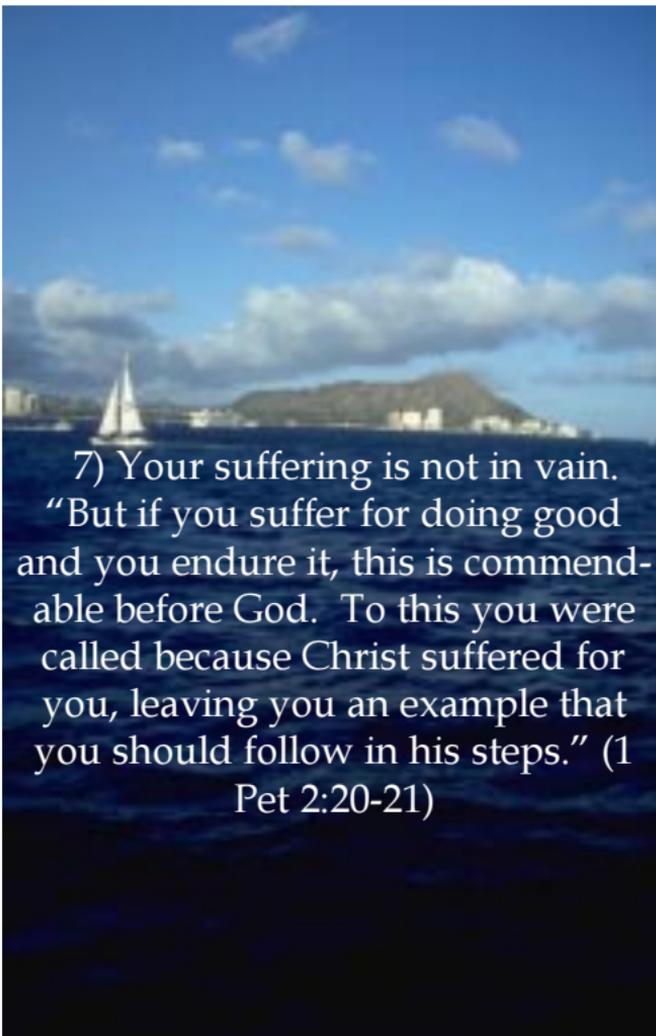
4) Forgive yourself. If God forgave you (and he has if you repented, confessed your sins, and asked), forgive yourself. (Acts 2:38)



5) God will restore you! “You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth. You will restore me to even greater honor and comfort me once gain.” (Ps 71:20-21)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a clear blue sky. The text is overlaid on the image.

6) Realize you're a winner! If you win you win! If you lose—you gain experience and wisdom, so you still win! No matter what, with God and Jesus on your side, you can't lose!
(Isa 54:17)



7) Your suffering is not in vain.
“But if you suffer for doing good and you endure it, this is commendable before God. To this you were called because Christ suffered for you, leaving you an example that you should follow in his steps.” (1 Pet 2:20-21)

A scenic landscape featuring a vibrant rainbow arching over a coastal town and the ocean, with lush green hills in the foreground. The sky is filled with soft, white clouds, and the overall atmosphere is serene and picturesque.

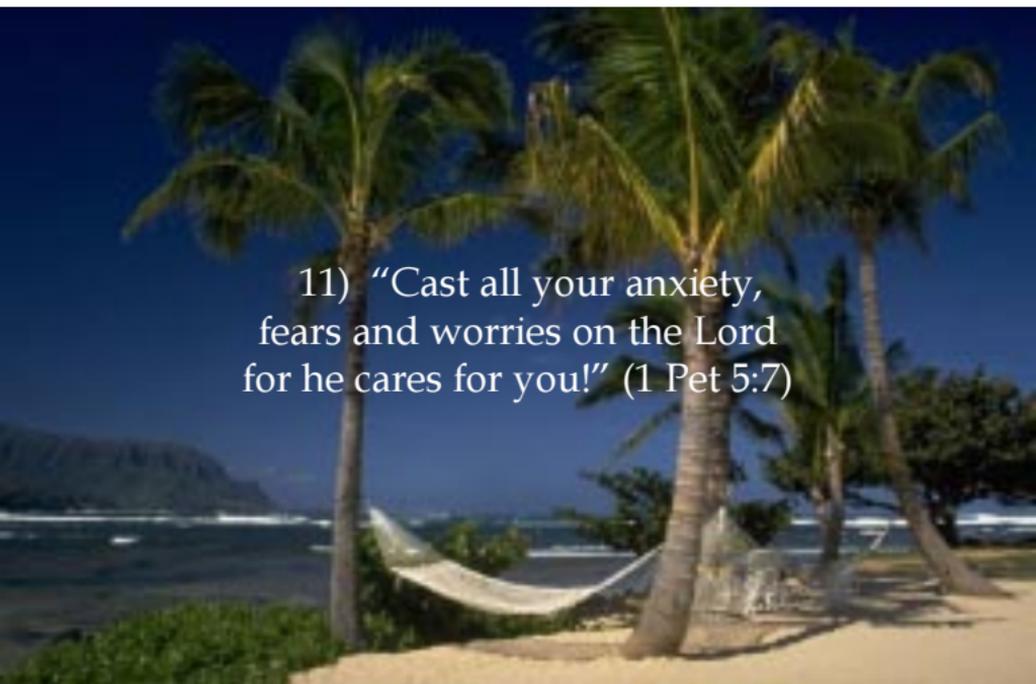
8) Do something simple you really enjoy.



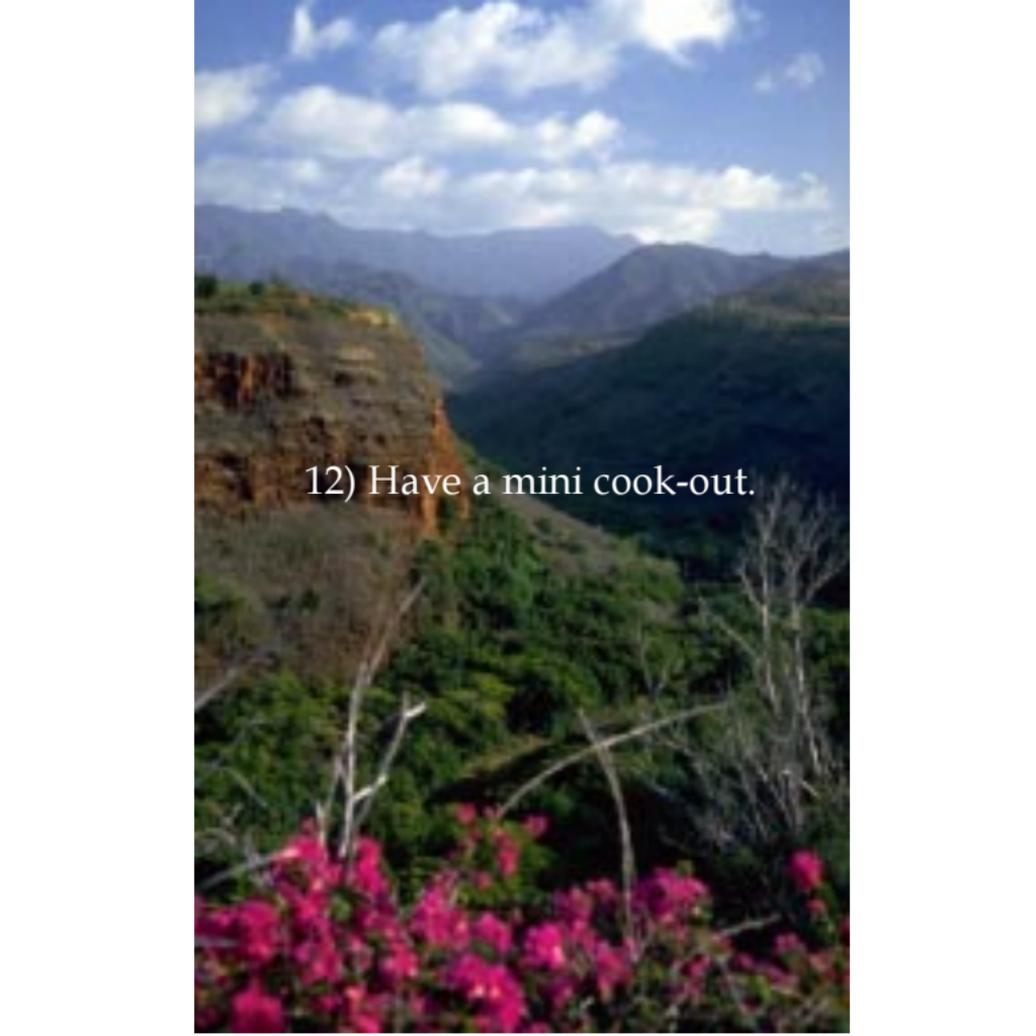
9) God sees and uses
troubles and problems in your
life as opportunities to help you
and to show his glory and power
and increase your faith!! (Ex
10:1-2, 14:4)



10) Forgive others and be quick to forgive.

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a dark, forested hillside under a clear blue sky.

11) "Cast all your anxiety,
fears and worries on the Lord
for he cares for you!" (1 Pet 5:7)



12) Have a mini cook-out.



13) Christ will overflow you with comfort. If he hasn't already, just ask. (2 Cor 1:5)

A close-up photograph of a dense field of flowers. The foreground is filled with numerous small, vibrant purple flowers, likely lavender or similar. Interspersed among them are larger, bright orange flowers, possibly poppies. The background is a soft-focus expanse of more orange and purple blooms, creating a rich, colorful texture. The lighting is natural, highlighting the varied colors and textures of the petals.

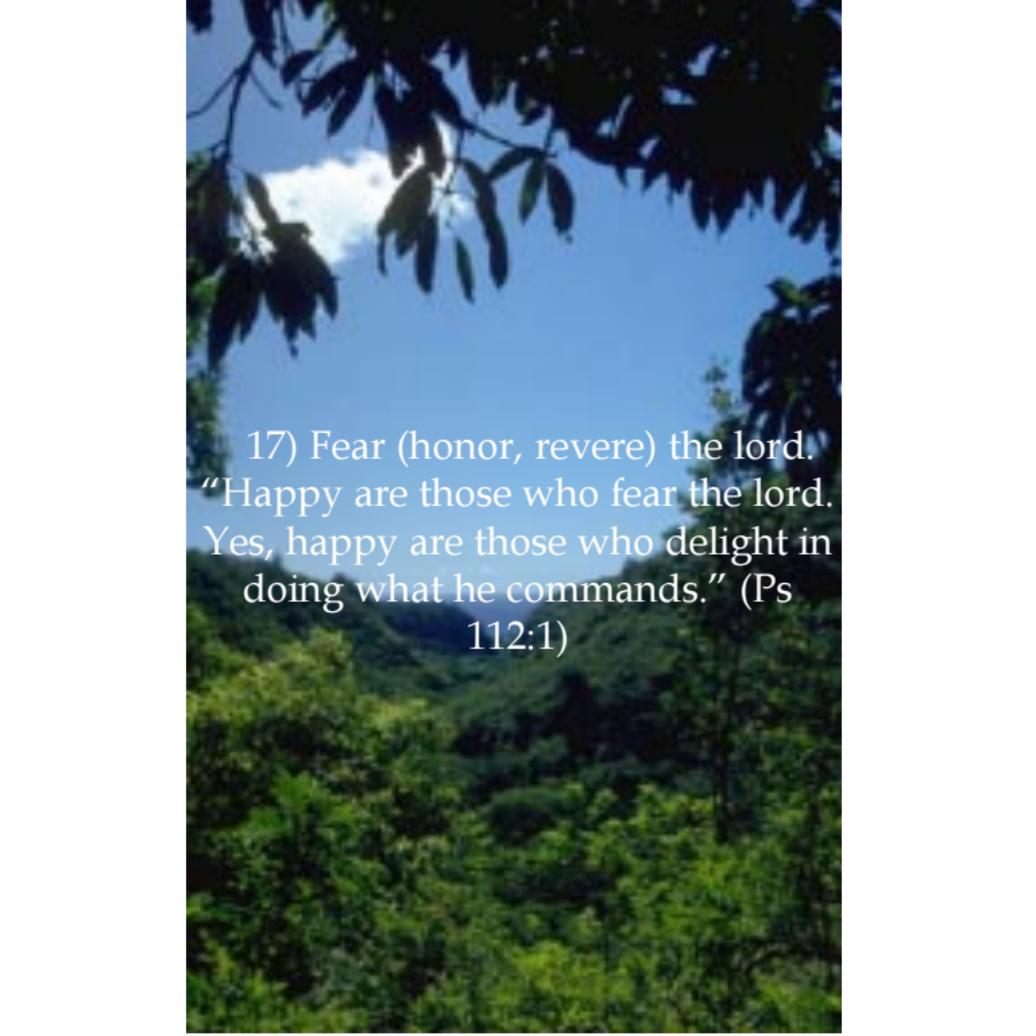
14) Visit prisoners. Share with them the good news about Christ and tell them about God's love for them.



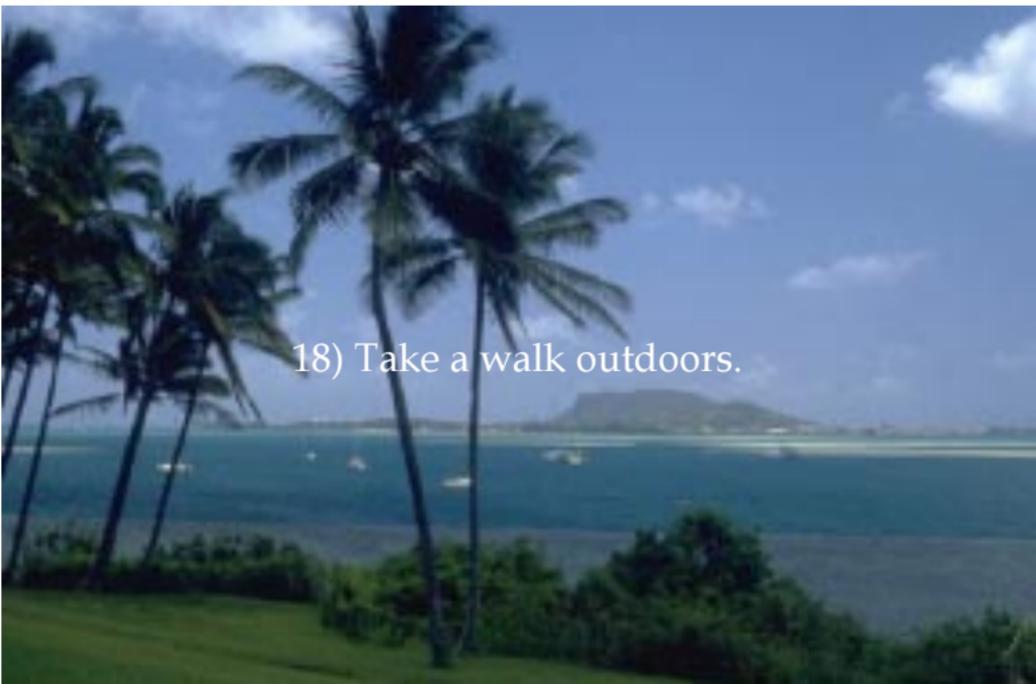
15) Don't be overly concerned or worry about tomorrow. Take one activity and step at a time and focus on one day at a time. Not knowing exactly what the future holds is supposed to bring about excitement not worry. (Matt 6:34)



16) Rent a comedy or watch one on TV. Laugh till your jaws hurt. Try J'Brian's *People Are Funny* or Jeff Allen's *Happy Wife Happy Life* – DVD.



17) Fear (honor, revere) the lord.
“Happy are those who fear the lord.
Yes, happy are those who delight
in doing what he commands.” (Ps
112:1)



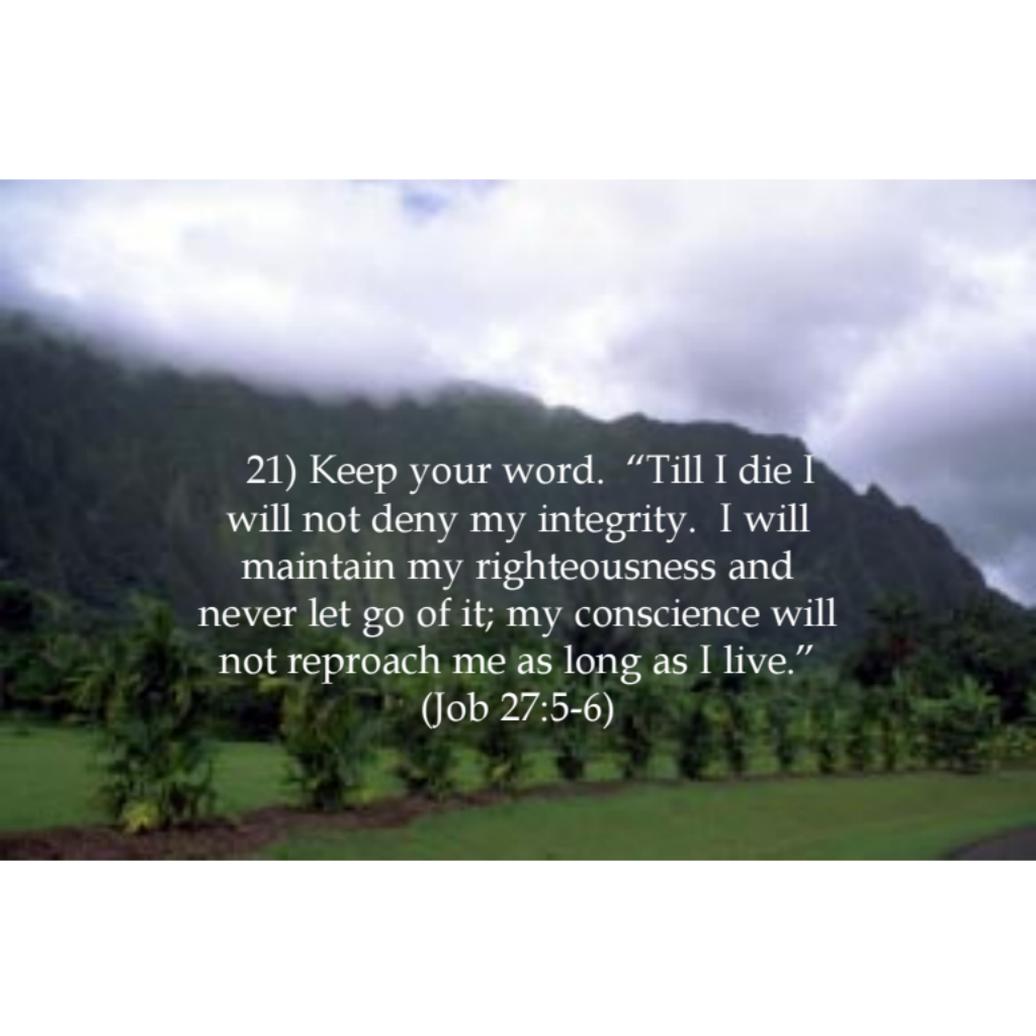
18) Take a walk outdoors.



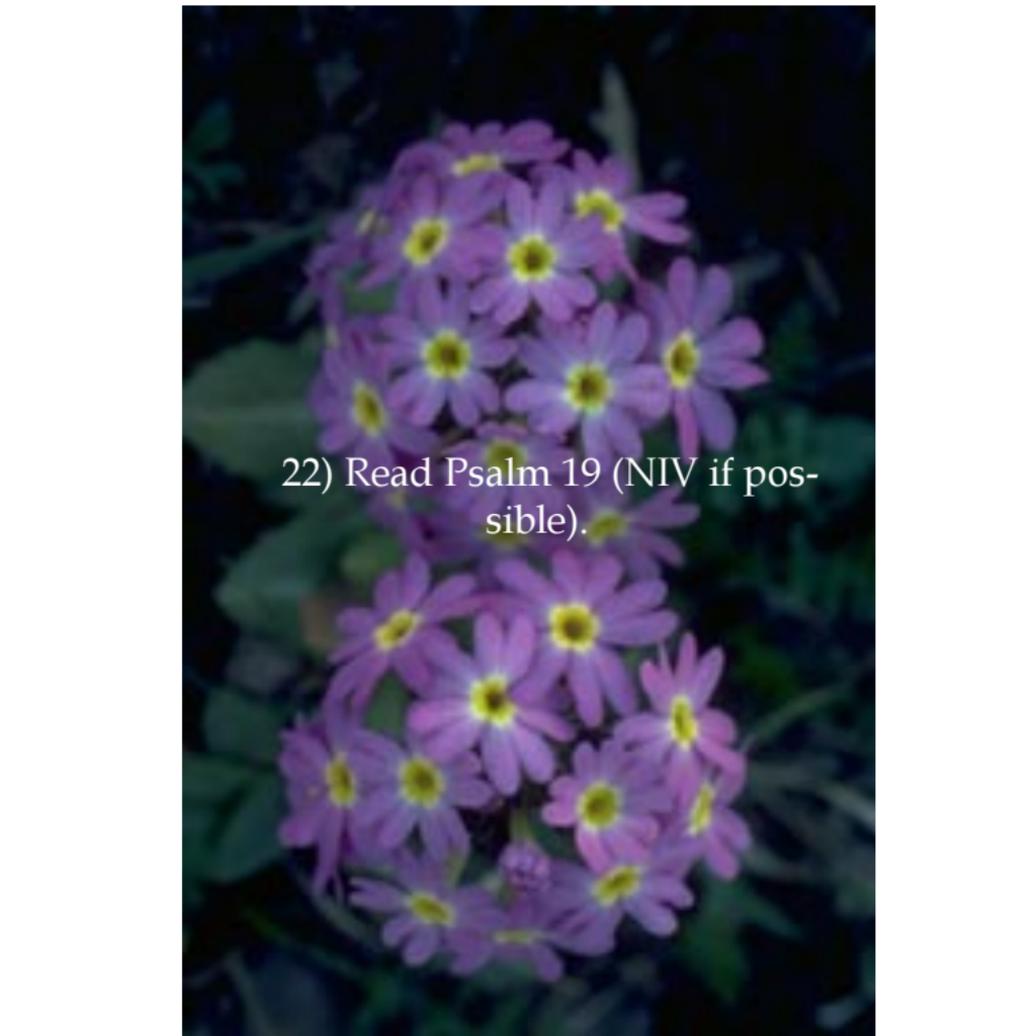
19) “The Lord is righteous in all his ways and loving toward all he has made. The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. The Lord watches over all who love him...”(Ps 145:17-20).



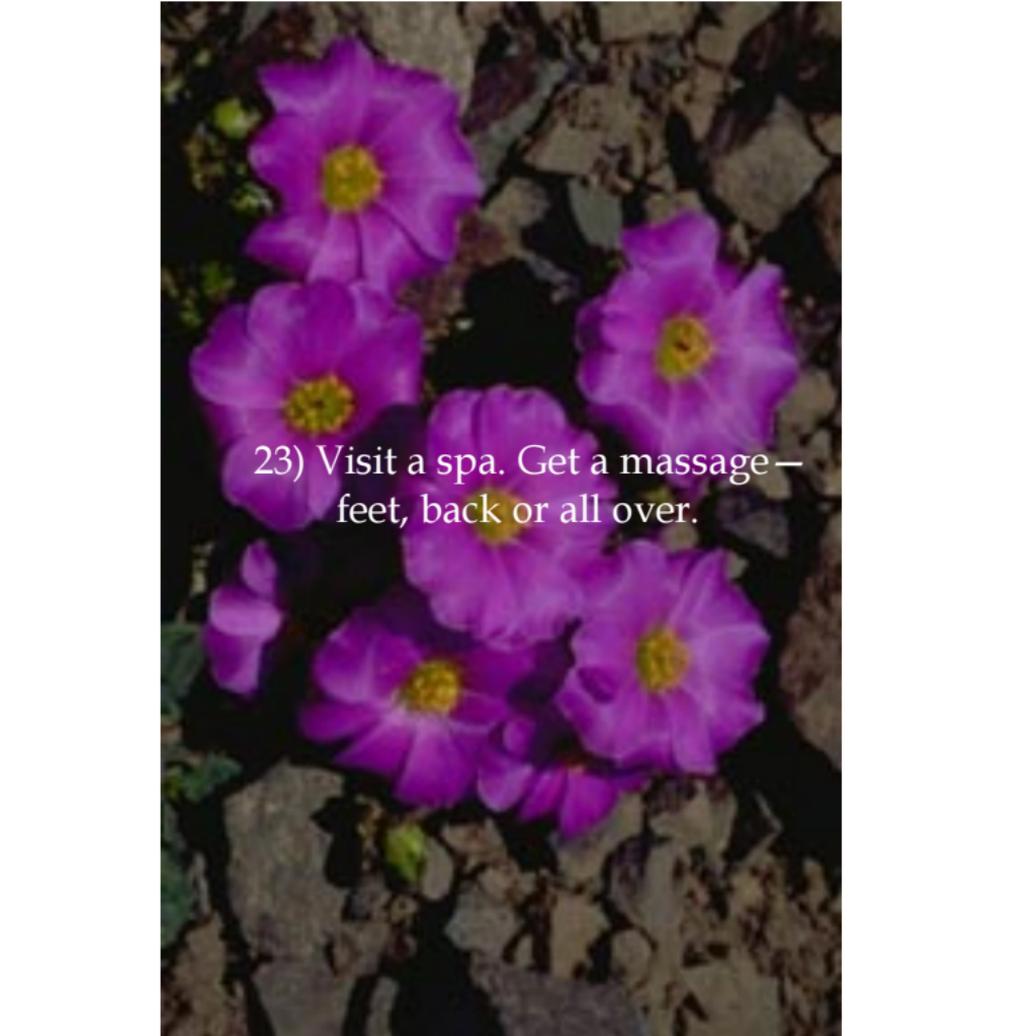
20) Give to someone in need
even if it is just a smile.

A scenic landscape featuring a mountain range under a cloudy sky. The foreground is dominated by a row of green trees and a grassy field. The text is overlaid on the middle of the image.

21) Keep your word. "Till I die I will not deny my integrity. I will maintain my righteousness and never let go of it; my conscience will not reproach me as long as I live."
(Job 27:5-6)

A cluster of purple daisy-like flowers with yellow centers, set against a dark green background. The flowers are arranged in a dense, rounded group, and the background is a soft, out-of-focus green.

22) Read Psalm 19 (NIV if possible).

A close-up photograph of several vibrant purple flowers with yellow centers, growing from a dark, textured, rocky or soil-like ground. The lighting is dramatic, highlighting the petals against the dark background.

23) Visit a spa. Get a massage —
feet, back or all over.



24) God will rescue you. "The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory ever. Amen." (2 Tim. 4:18)

A close-up photograph of a yellow and purple iris flower. The flower has six petals, with the upper three being yellow and the lower three being purple. The center of the flower is yellow. The background is a blurred green, suggesting foliage. The text "25) Visit the zoo or animal shelter." is overlaid in white on the left side of the flower.

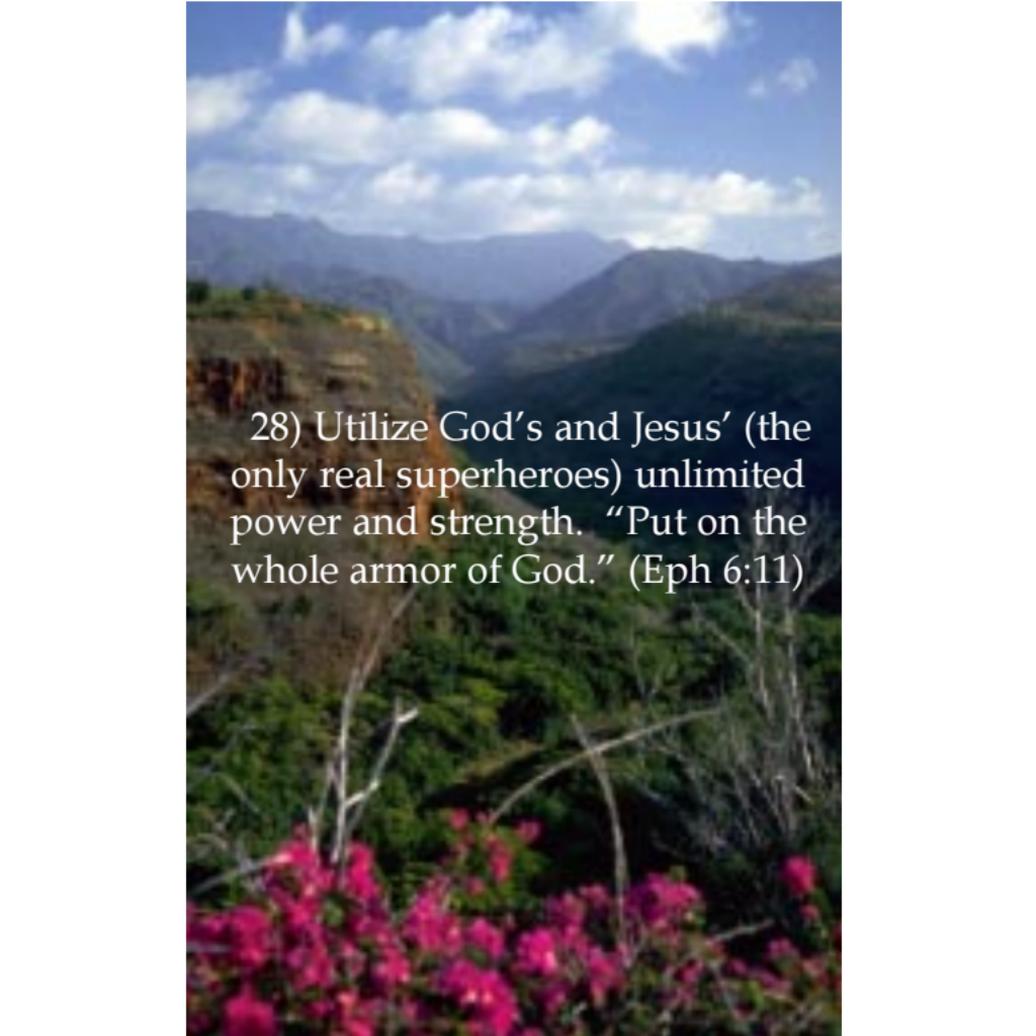
25) Visit the zoo or animal shelter.

A photograph of several purple daisy-like flowers with bright yellow centers, growing from a dark, textured rock surface. The flowers are in various stages of bloom, and the background is slightly blurred, focusing attention on the blooms.

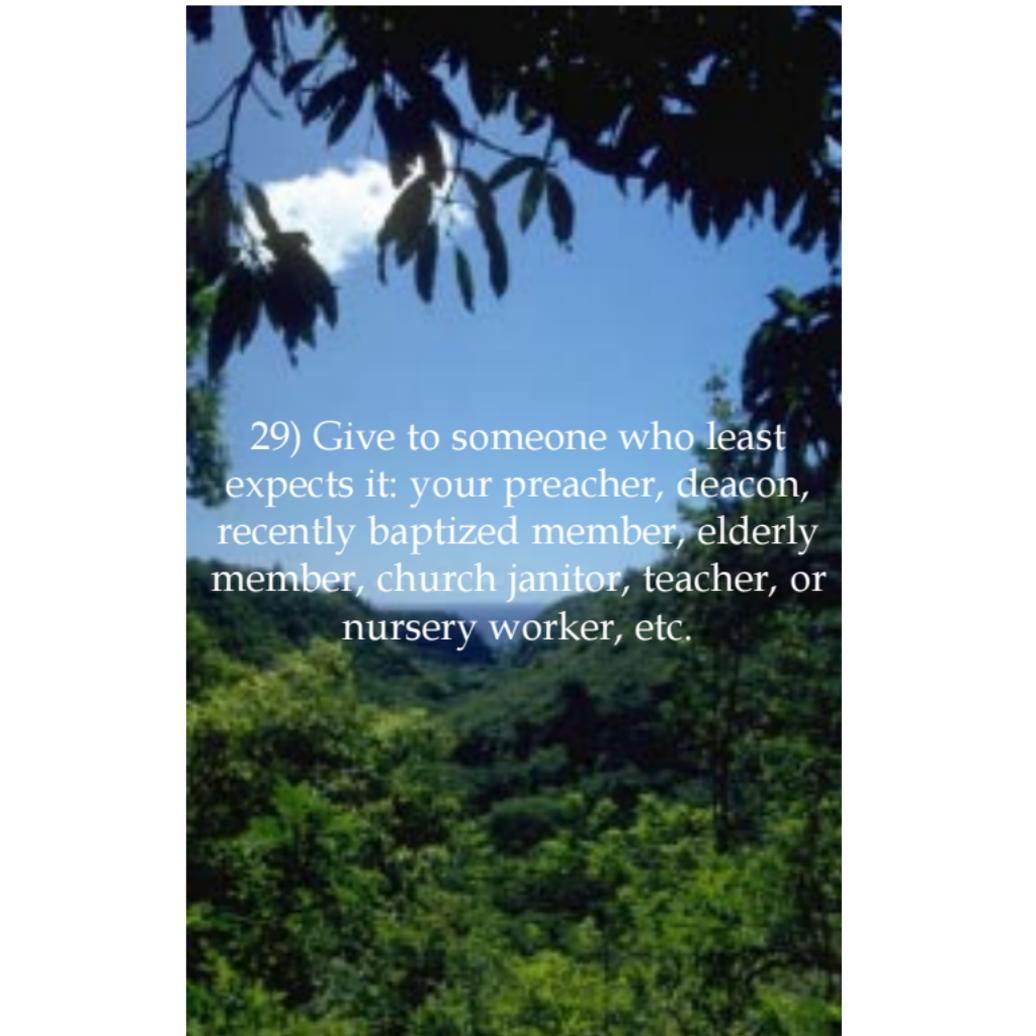
26) Laugh! Even if without reason.
"There is a time for everything...a
time to weep and a time to laugh."
(Eccl 3:1-4)



27) Take a stroll on the lake or beach or at the park. Observe God's awesome creations.

A scenic landscape photograph of a mountain valley. The sky is bright blue with scattered white clouds. In the background, there are layers of hazy, blue mountains. The middle ground shows a deep valley with green vegetation. In the foreground, there are several thin, bare tree branches and a cluster of vibrant pink flowers.

28) Utilize God's and Jesus' (the only real superheroes) unlimited power and strength. "Put on the whole armor of God." (Eph 6:11)

A vertical photograph of a lush green forest. The foreground is filled with dense, vibrant green foliage. In the background, a clear blue sky is visible, with a single white cloud. The top of the image is framed by dark, silhouetted leaves and branches, suggesting the viewer is looking up from within the trees.

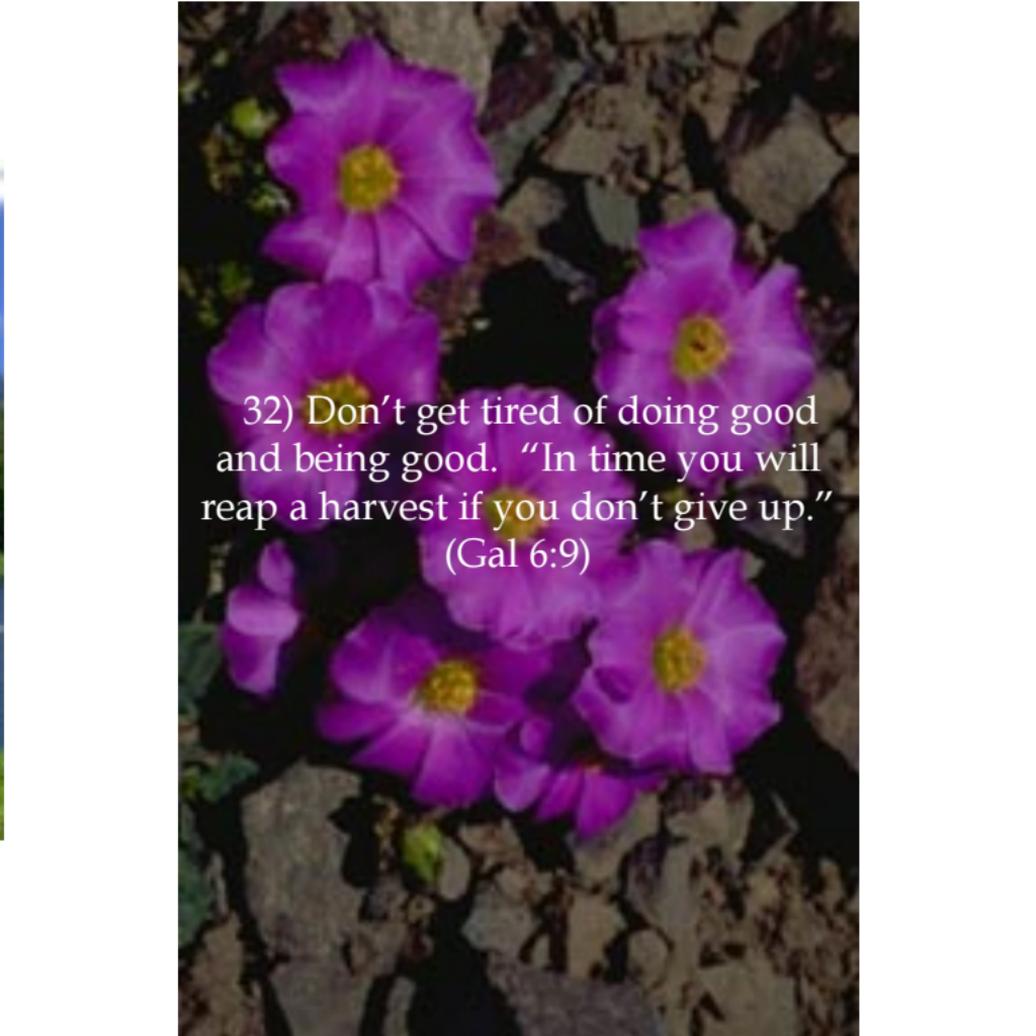
29) Give to someone who least expects it: your preacher, deacon, recently baptized member, elderly member, church janitor, teacher, or nursery worker, etc.



30) Genuinely compliment some-
one today.



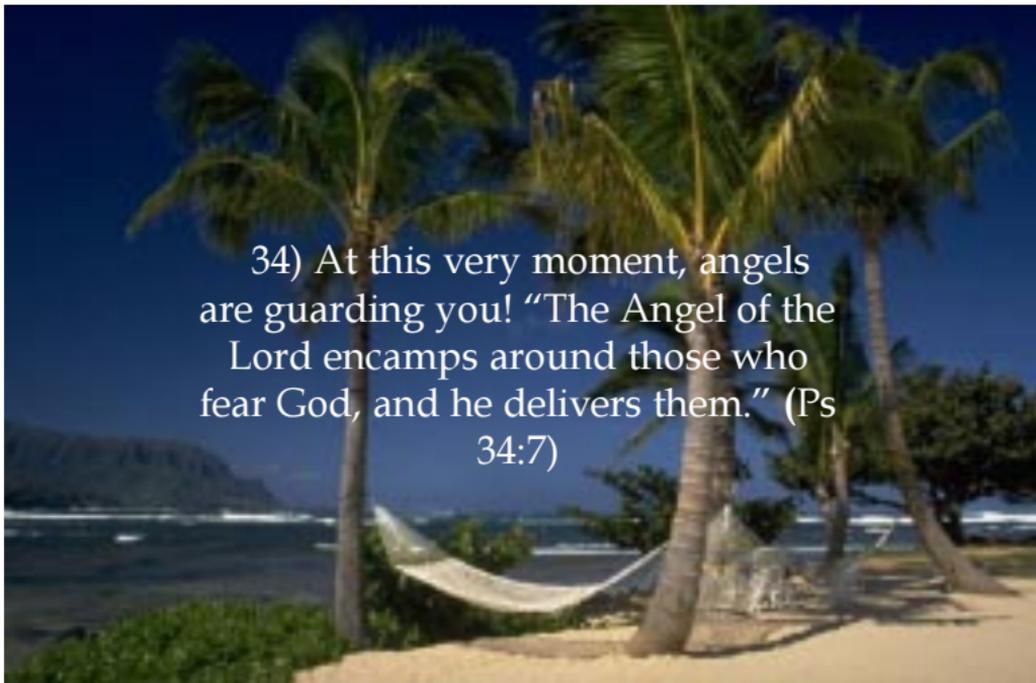
31) Kiss or hug a baby.

A photograph of several vibrant purple flowers with yellow centers, growing from a dark, textured, rocky surface. The flowers are in various stages of bloom, and the background is dark and out of focus.

32) Don't get tired of doing good
and being good. "In time you will
reap a harvest if you don't give up."
(Gal 6:9)



33) Give thanks to God for your time spent on earth no matter how long or short. Thousands your age have already passed on.

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a clear blue sky. The text is overlaid in the center of the image.

34) At this very moment, angels
are guarding you! “The Angel of the
Lord encamps around those who
fear God, and he delivers them.” (Ps
34:7)



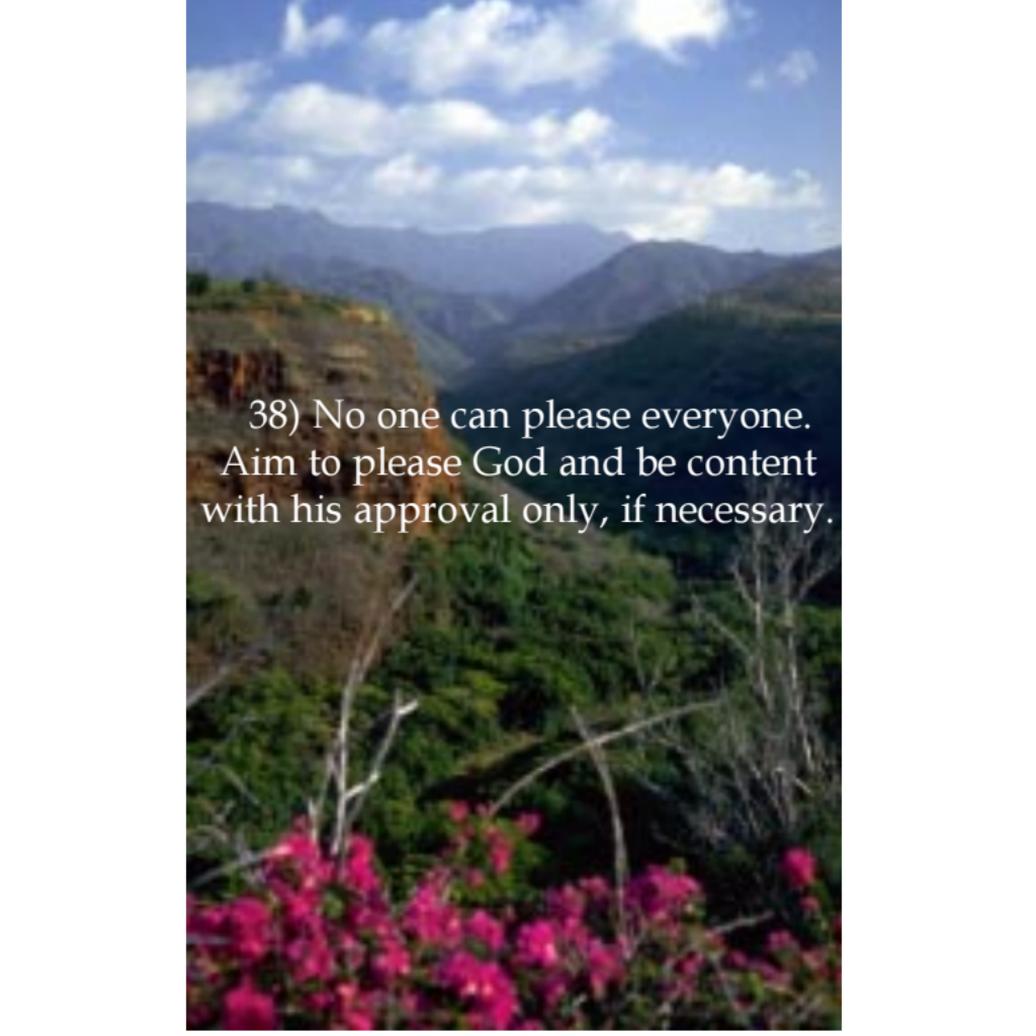
35) Thank God (right now) for
having healed you in the past,
present and future.

A scenic landscape photograph showing a rainbow arching over a body of water. In the foreground, there is a dense forest of green trees. In the middle ground, a town with some lights is visible on a hillside. The sky is filled with soft, blue and white clouds, suggesting a late evening or early morning setting.

36) Remember that God will solve
all your problems. (Ps 34:19)

A scenic landscape photograph of a mountain valley. In the foreground, a calm lake reflects the sky and the surrounding mountains. The middle ground shows rolling green hills and a dense forest of evergreen trees. In the background, majestic mountains with patches of snow rise against a sky filled with soft, white clouds. The overall atmosphere is peaceful and natural.

37) Sign up to volunteer at a nonprofit taking care of orphans, widows/elderly or poor.

A vertical photograph of a mountainous landscape. The foreground is filled with vibrant pink flowers and some bare, grey branches. The middle ground shows a deep valley with lush green vegetation. In the background, there are several layers of blue-grey mountains under a bright blue sky with scattered white clouds. The text is overlaid in the center of the image.

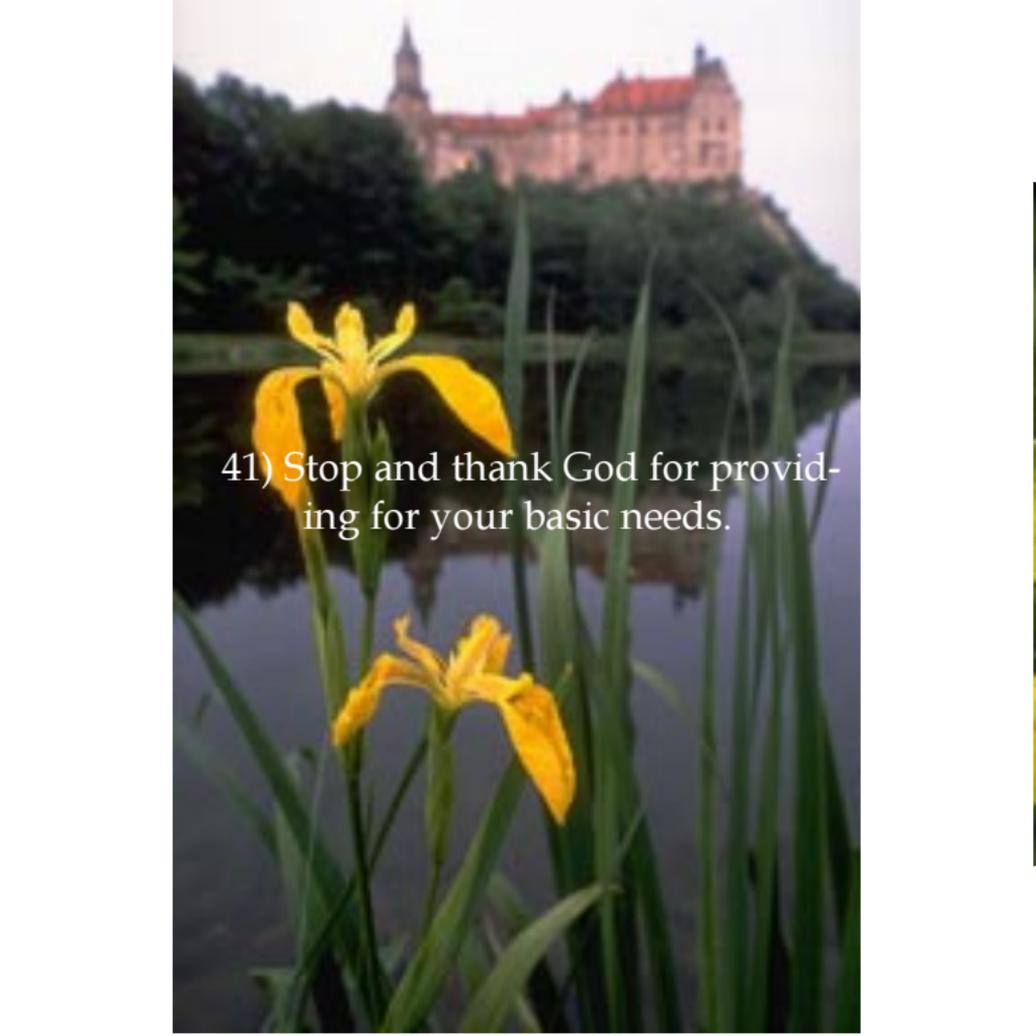
38) No one can please everyone.
Aim to please God and be content
with his approval only, if necessary.

A close-up photograph of several vibrant pink azalea flowers in full bloom. The petals are layered and have a delicate texture. The flowers are set against a background of lush green leaves, which are slightly out of focus. The overall scene is bright and colorful.

39) Hold the door open for someone regardless of the person's gender or age.

A close-up photograph of a dense field of flowers. The foreground is dominated by numerous small, vibrant purple flowers, likely lavender or a similar species, which are in sharp focus. Interspersed among these are several larger, bright orange flowers, possibly poppies, which are slightly out of focus. The background is a soft, blurred expanse of more flowers, creating a sense of depth and a rich, colorful texture. The overall lighting is bright, highlighting the natural colors of the blooms.

40) Angels, who are ministering spirits sent to serve (assist) those who will inherit salvation, are watching over you! (Heb 1:14)

A scenic landscape photograph featuring a large, multi-story castle with a prominent tower and red-tiled roof, situated on a lush green hill. In the foreground, two bright yellow irises with long green leaves are in focus. The castle and the surrounding greenery are reflected in the calm water of a lake or pond. The overall atmosphere is peaceful and serene.

41) Stop and thank God for provid-
ing for your basic needs.

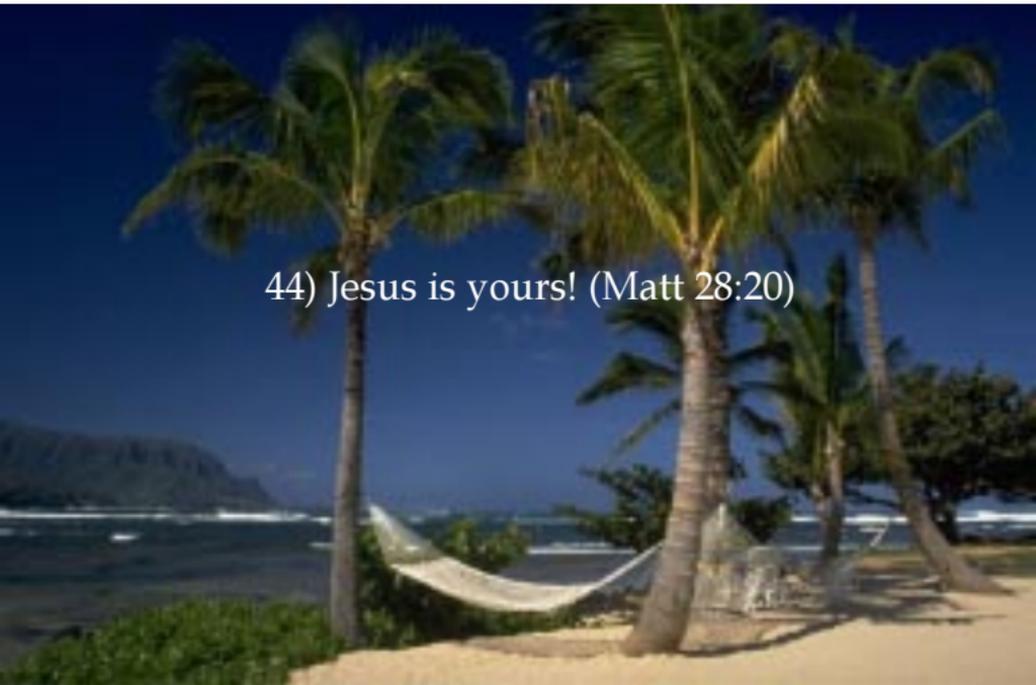


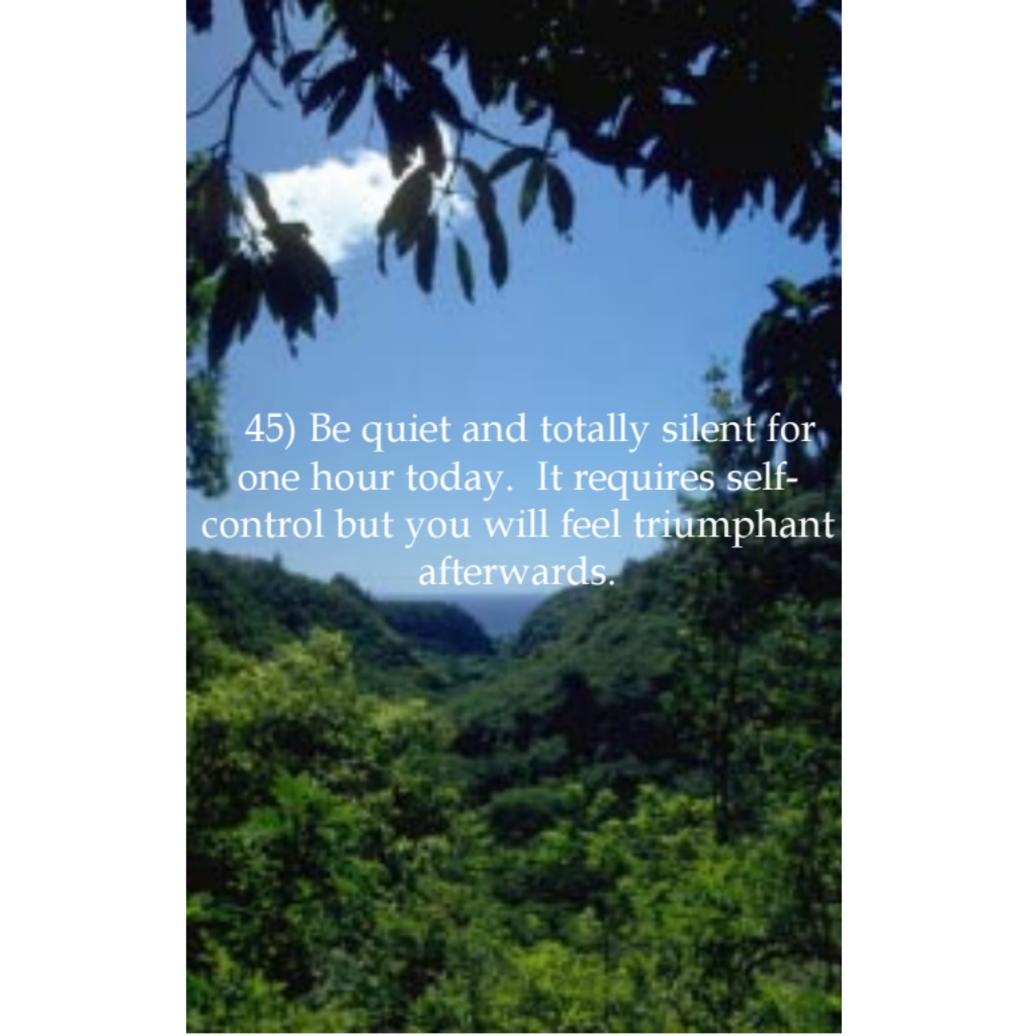
42) Read Psalm 16 (NIV if possible).



43) Call a long lost friend or relative.

44) Jesus is yours! (Matt 28:20)

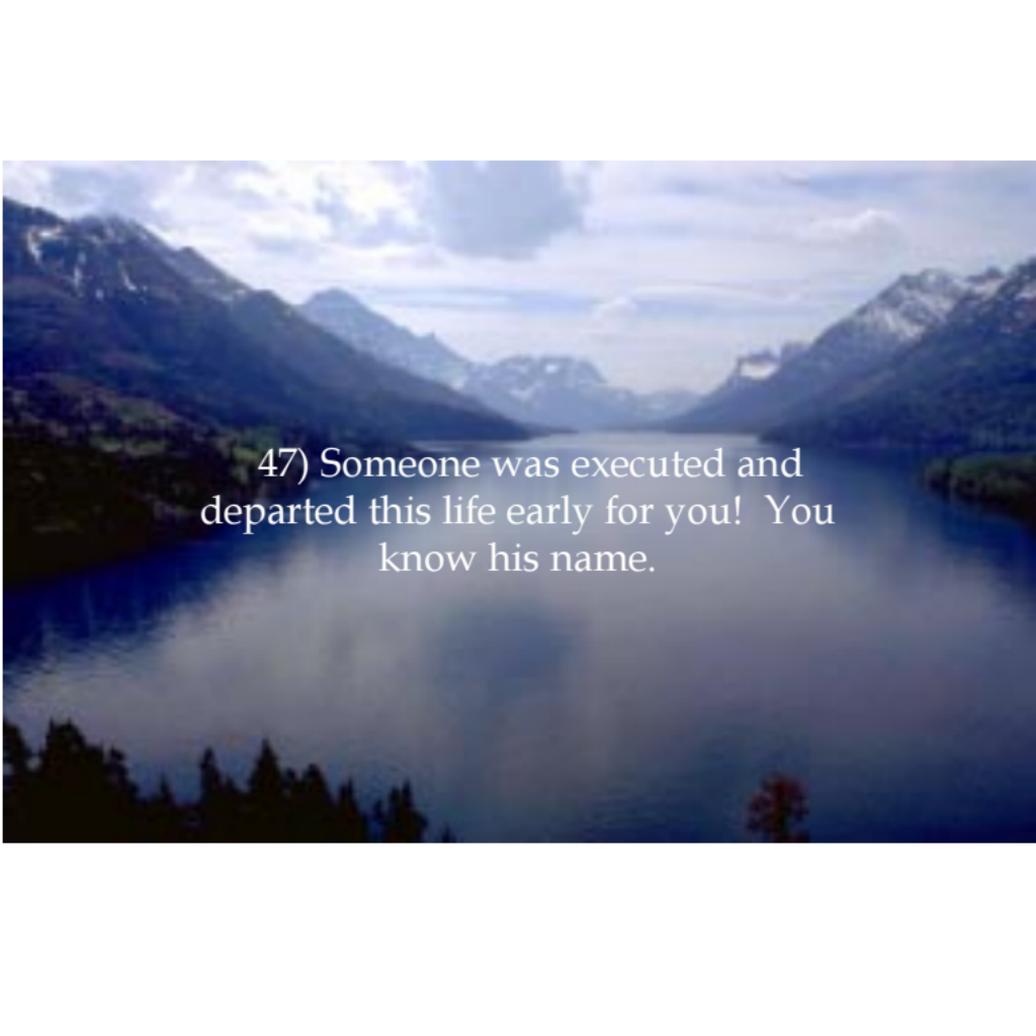




45) Be quiet and totally silent for one hour today. It requires self-control but you will feel triumphant afterwards.



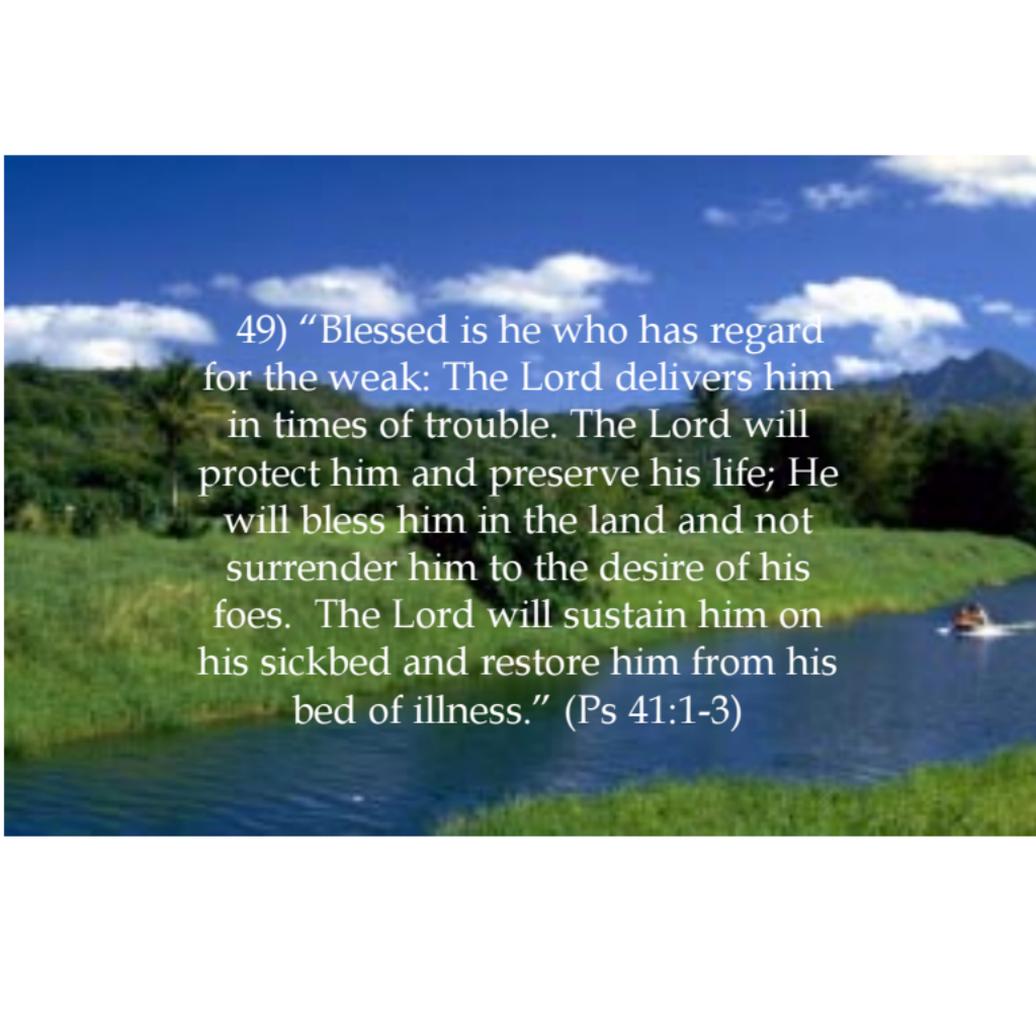
46) God has no limitations or boundaries like humans do. Trust (lean upon) him now!

A scenic landscape photograph of a lake in a mountain valley. The lake is calm and reflects the surrounding mountains and sky. The mountains are rugged and have patches of snow. The sky is blue with some clouds. The foreground shows dark evergreen trees.

47) Someone was executed and departed this life early for you! You know his name.

A scenic landscape photograph showing a valley with mountains in the background under a blue sky with white clouds. In the foreground, there are green bushes and bright pink flowers. The text is overlaid on the middle of the image.

48) In a traffic jam, allow someone to get in front of you whom others refused to let in.

A scenic landscape featuring a bright blue sky with scattered white clouds. Below the sky, there are lush green hills and a river. A small boat is visible on the river in the lower right corner. The text is overlaid on the center of the image.

49) “Blessed is he who has regard for the weak: The Lord delivers him in times of trouble. The Lord will protect him and preserve his life; He will bless him in the land and not surrender him to the desire of his foes. The Lord will sustain him on his sickbed and restore him from his bed of illness.” (Ps 41:1-3)

A photograph of two small, fluffy ducklings standing on a wooden ledge. The background is filled with vibrant, colorful flowers in shades of pink, red, and yellow. The scene is brightly lit, suggesting a sunny day. The ducklings are positioned in the lower center of the frame, looking towards the right.

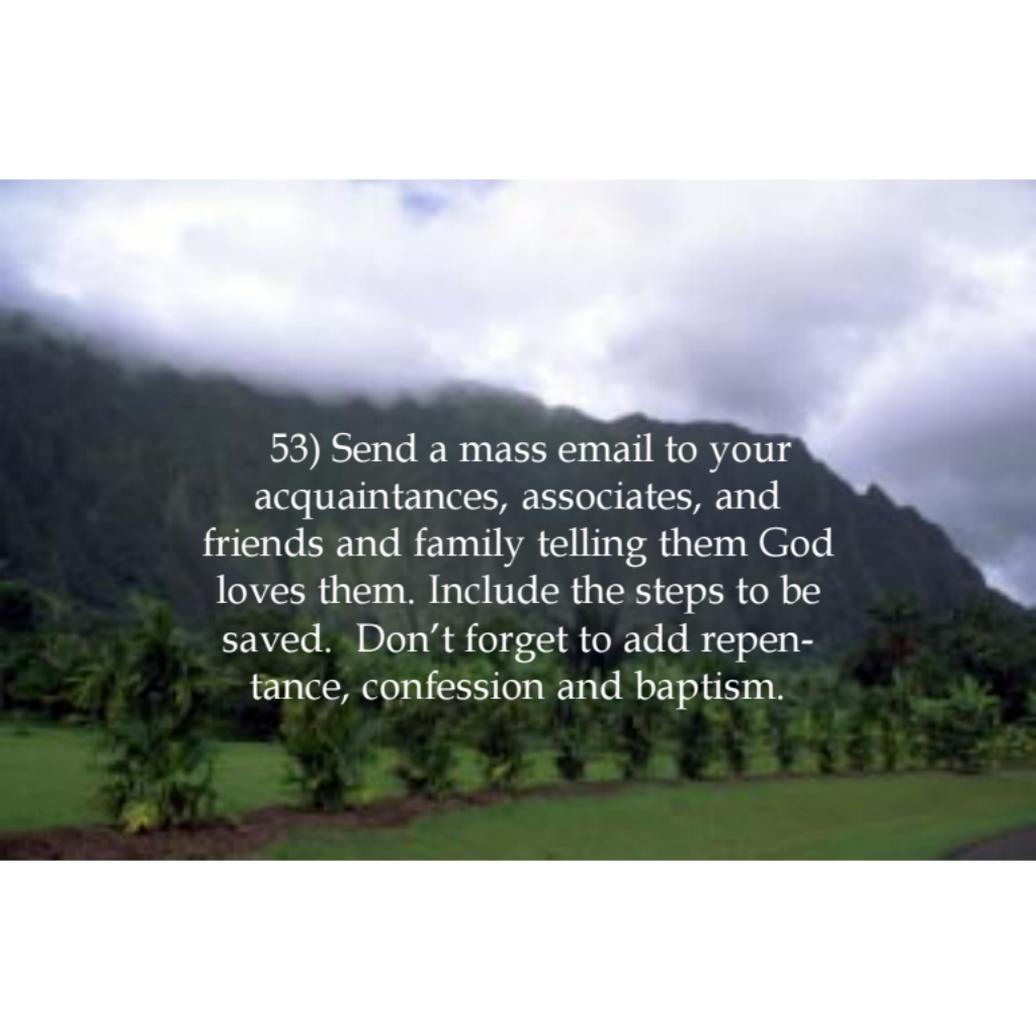
50) Tell someone "God loves you."
And make a habit of it.

A scenic photograph of a sailboat on the ocean. The sailboat is white with a single mast and is positioned in the middle ground. The ocean is a deep blue with gentle ripples. In the background, there is a coastal town with several buildings and a large, rounded hill or island. The sky is a clear blue with scattered white clouds. The text "51) Participate in your favorite hobby." is overlaid on the lower half of the image in a white serif font.

51) Participate in your favorite hobby.

A scenic landscape featuring a large, snow-capped mountain peak in the background, surrounded by a dense forest of evergreen trees. In the foreground, a calm body of water reflects the mountain and the surrounding greenery. The sky is a clear, deep blue. The overall scene is peaceful and majestic.

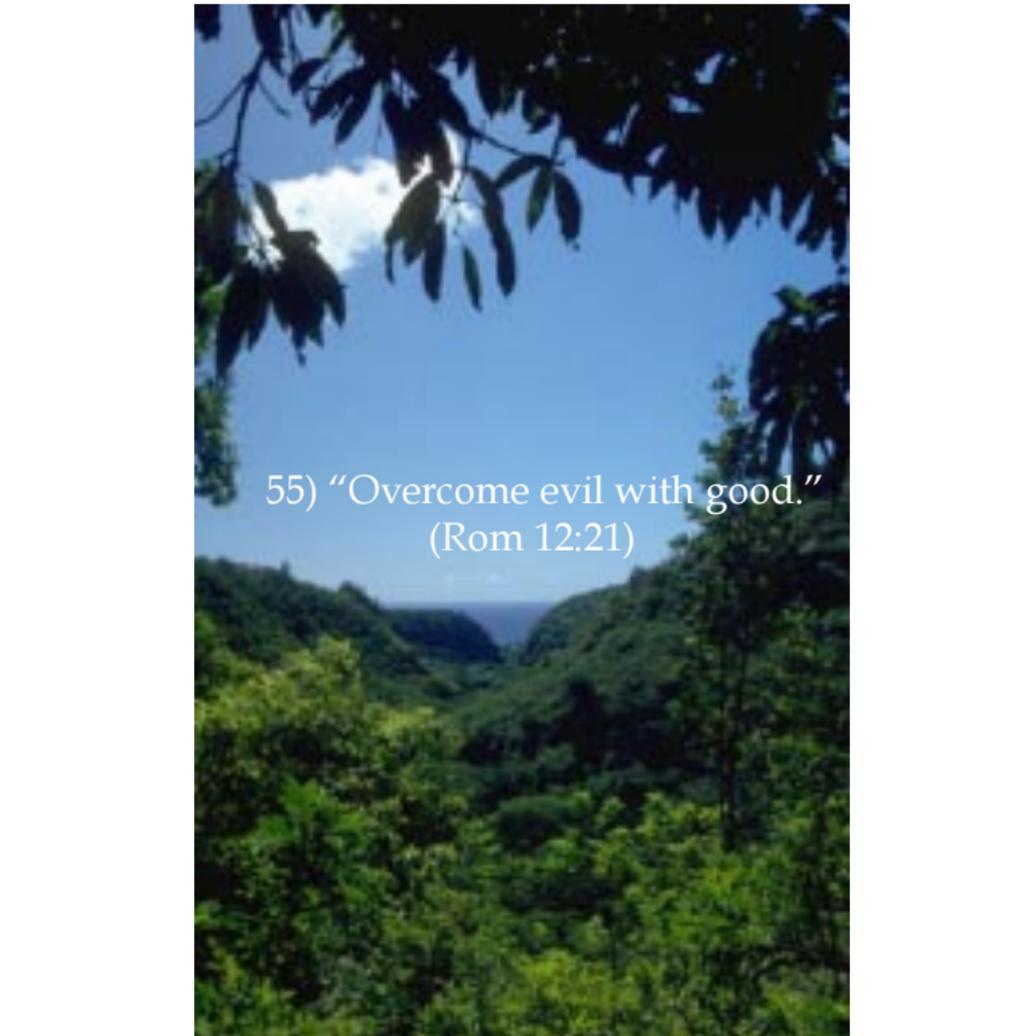
52) God has not forgotten your
prayers.

A scenic landscape featuring a mountain range under a cloudy sky. In the foreground, there is a row of trees and a green field. The text is overlaid on the image.

53) Send a mass email to your acquaintances, associates, and friends and family telling them God loves them. Include the steps to be saved. Don't forget to add repentance, confession and baptism.

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a clear blue sky. The text is overlaid in the center of the image.

54) Remember “All things work together for the good for those who love God, those who are the called according to his purpose.” (Rom 8:28)

A vertical photograph showing a lush green valley. The foreground is filled with dense, vibrant green foliage. In the middle ground, a valley opens up, showing rolling hills and a clear blue sky. The top of the image is framed by dark, silhouetted tree branches and leaves, with a small patch of white clouds visible in the upper left. The overall scene is bright and serene.

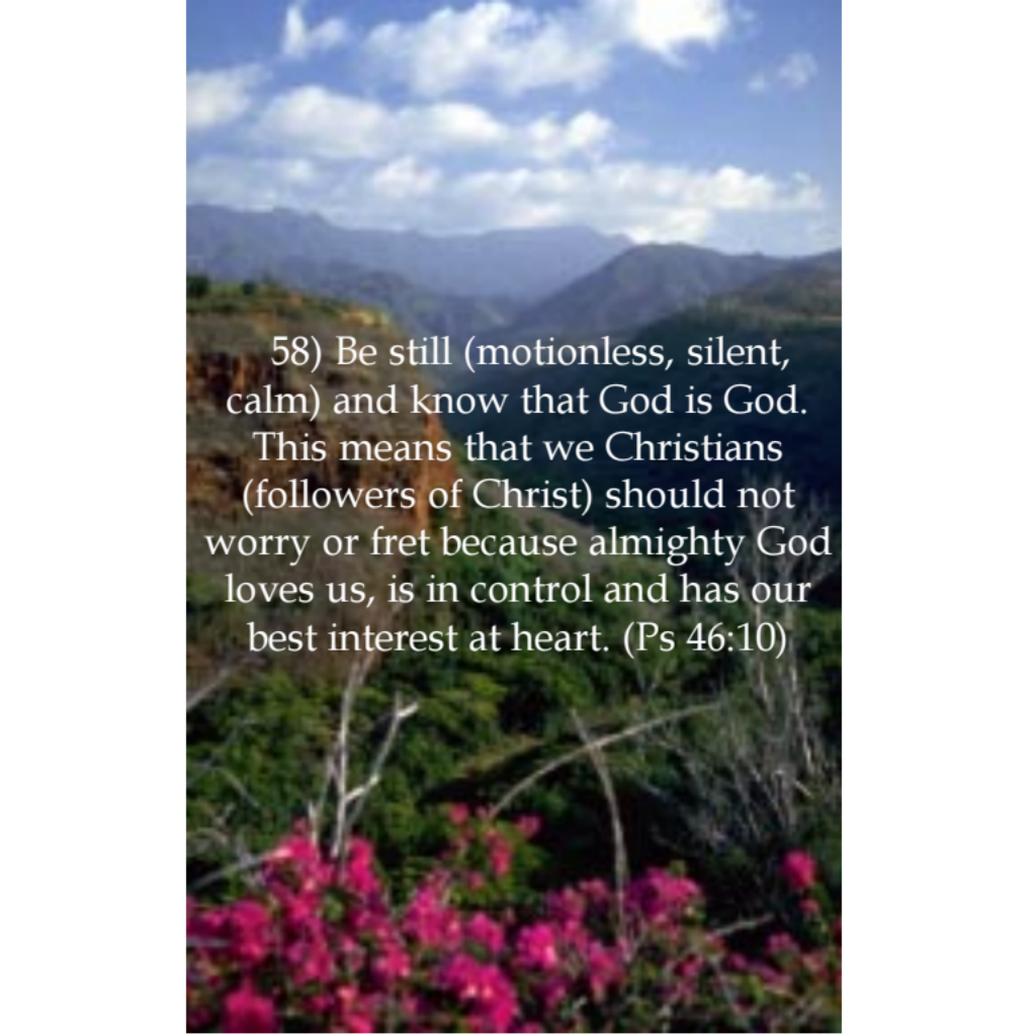
55) "Overcome evil with good."
(Rom 12:21)



56) Don't forget that Jesus is with
you right now at this moment!
(Matt 28:20)



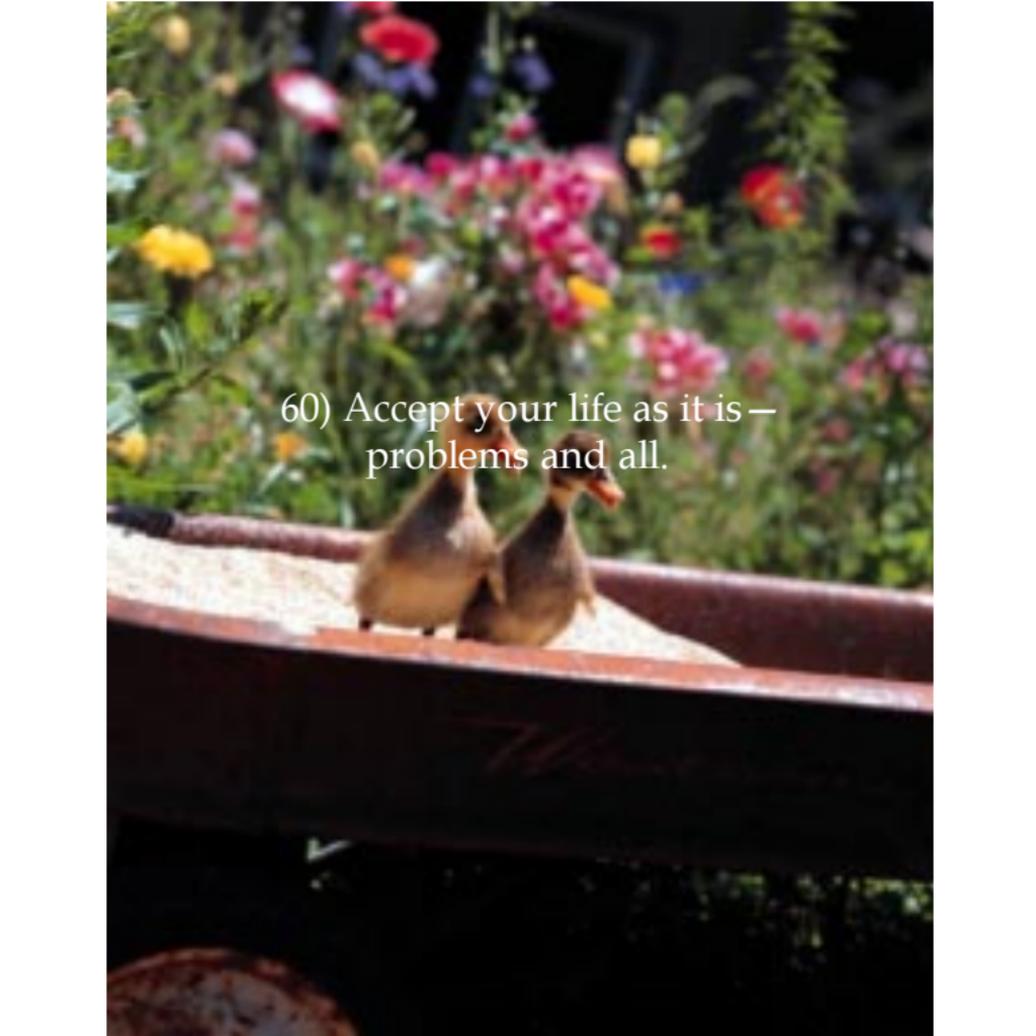
57) One day people of the world,
including the most famous and the
richest, will bow down to you! (Prov
14:19)



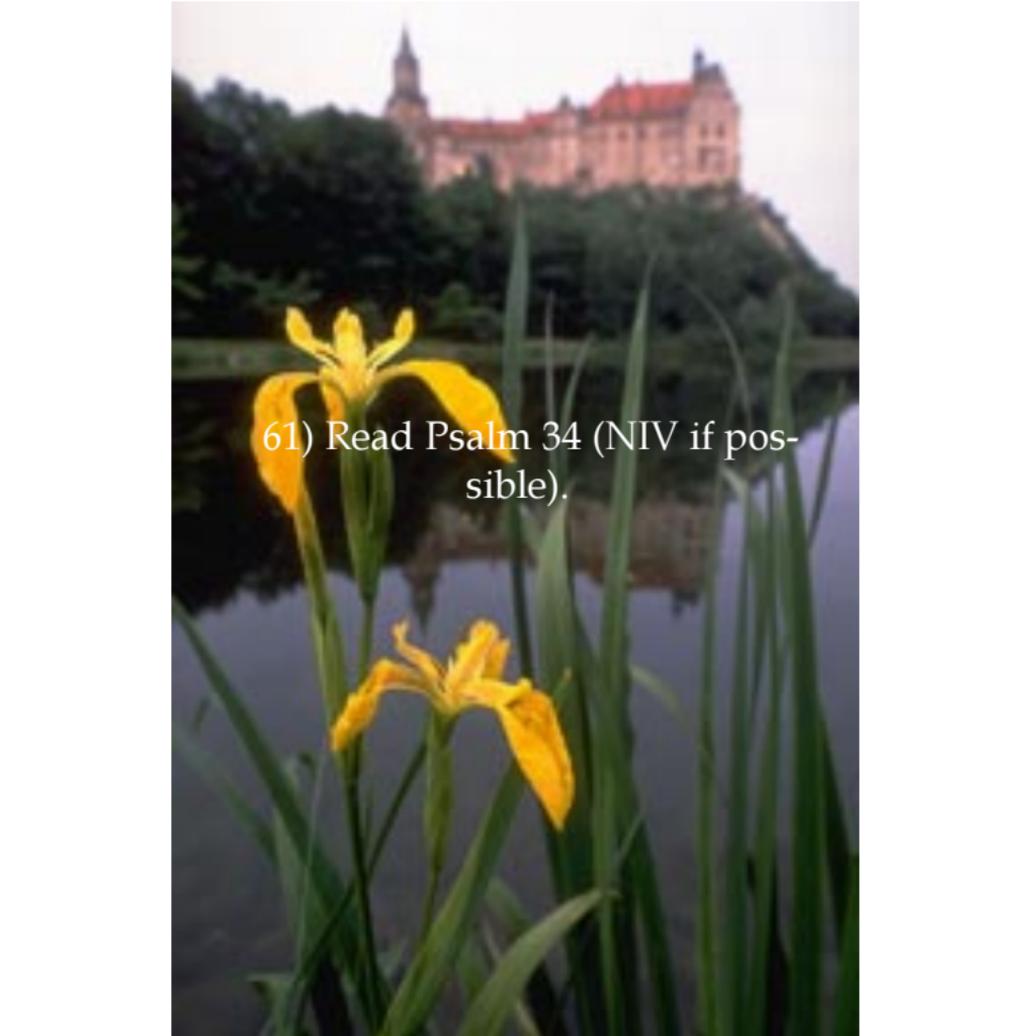
58) Be still (motionless, silent, calm) and know that God is God. This means that we Christians (followers of Christ) should not worry or fret because almighty God loves us, is in control and has our best interest at heart. (Ps 46:10)

A scenic landscape featuring a river flowing through lush green hills under a bright blue sky with scattered white clouds. In the distance, mountains are visible. A small boat is on the river in the lower right corner.

59) “No weapon formed against you shall prosper. This is the heritage (birthright) of the servants of the Lord, and their righteousness is of me, says the Lord.” (Isa 54:17)

A photograph of two small, brown ducklings standing on the edge of a wooden boat. The boat is filled with a layer of light-colored straw or bedding. The background is a lush garden with various colorful flowers, including red, pink, yellow, and blue blooms, set against green foliage. The lighting is bright, suggesting a sunny day.

60) Accept your life as it is —
problems and all.

A scenic landscape photograph featuring a large, multi-story castle with a prominent tower and red-tiled roof, situated on a lush green hill. In the foreground, two vibrant yellow irises with long green leaves are in focus. The castle and the surrounding greenery are reflected in the calm water of a lake or river. The overall atmosphere is peaceful and picturesque.

61) Read Psalm 34 (NIV if possible).



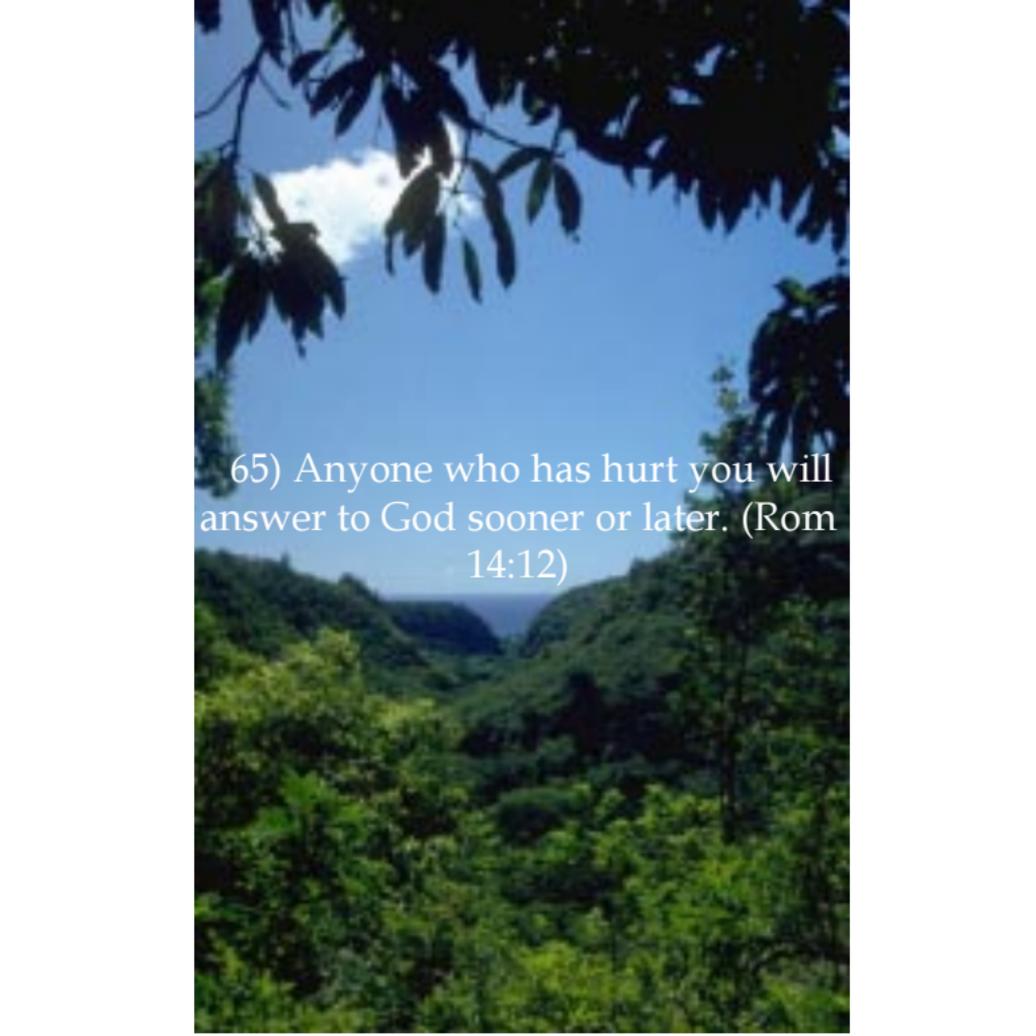
62) God has been watching over
you even before you were born. (Ps
139:16)



63) Obey God now. Do whatever
you have to, to make peace with
him. (Is 27:5)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a clear blue sky. The text is overlaid in the center of the image.

64) Focus on God and Jesus' promises, not your problems. No matter how big or small your problems are, God can and will overcome them all. (Ps 34:19)



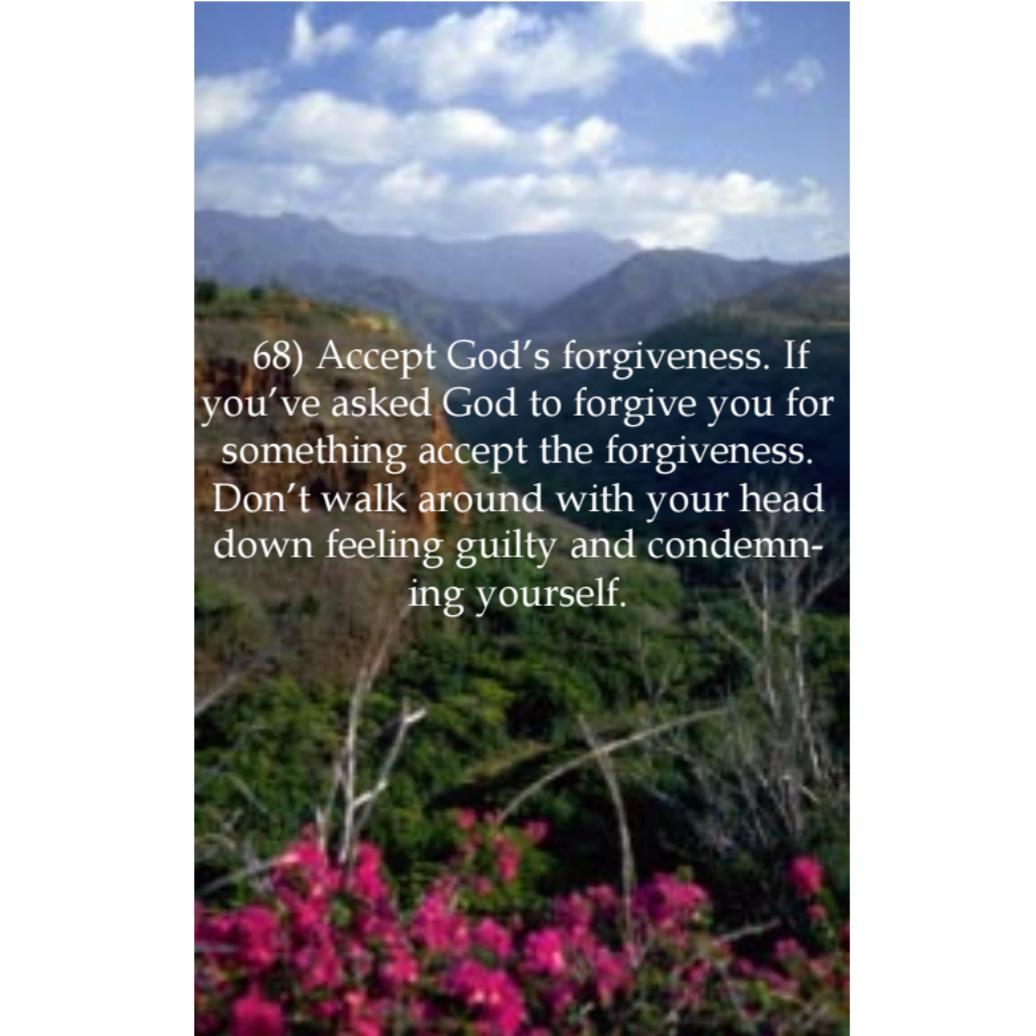
65) Anyone who has hurt you will
answer to God sooner or later. (Rom
14:12)



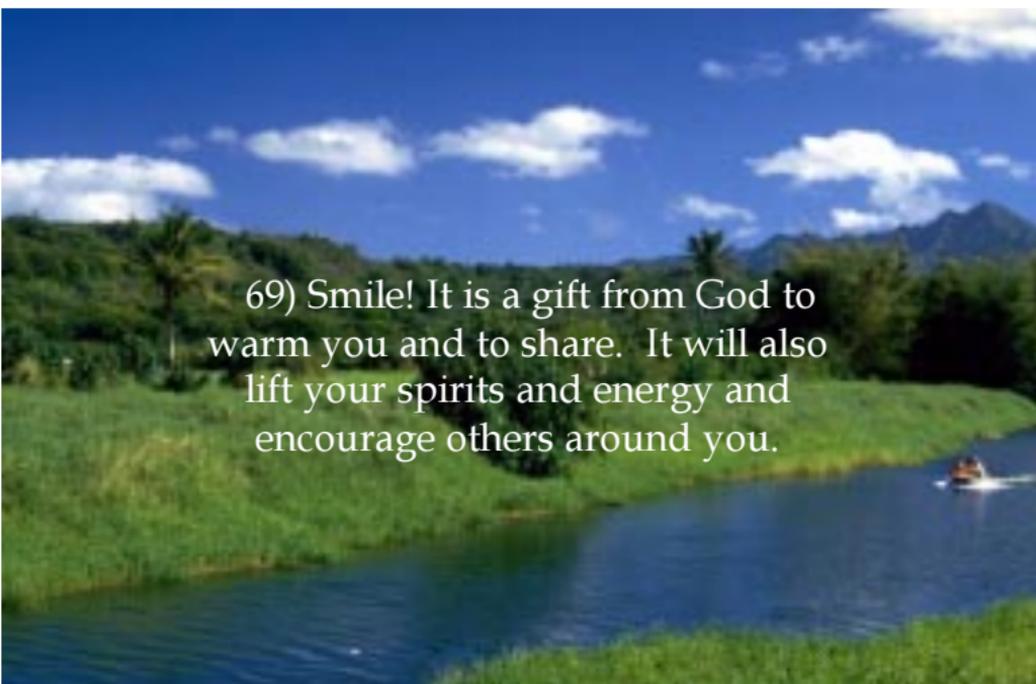
66) Ask God to bless and forgive
anyone who has hurt you. (Matt
5:44)



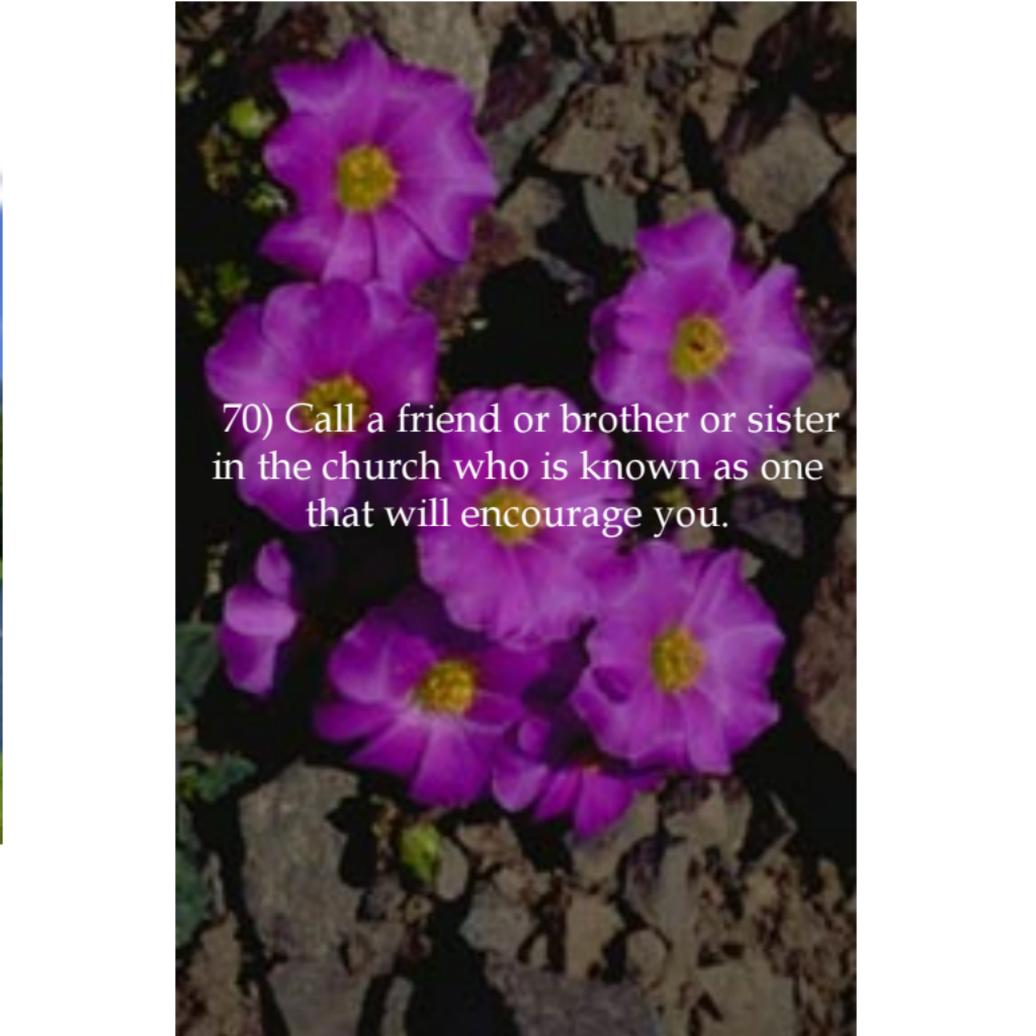
67) Spend time with your grandchildren and tell them of your life and how God has blessed you. (Ps 78:4)



68) Accept God's forgiveness. If you've asked God to forgive you for something accept the forgiveness. Don't walk around with your head down feeling guilty and condemning yourself.



69) Smile! It is a gift from God to warm you and to share. It will also lift your spirits and energy and encourage others around you.

A cluster of vibrant purple flowers with yellow centers, growing from a dark, textured ground. The flowers are the central focus of the image, with several in full bloom and some buds visible. The background is dark and appears to be a mix of soil and small rocks.

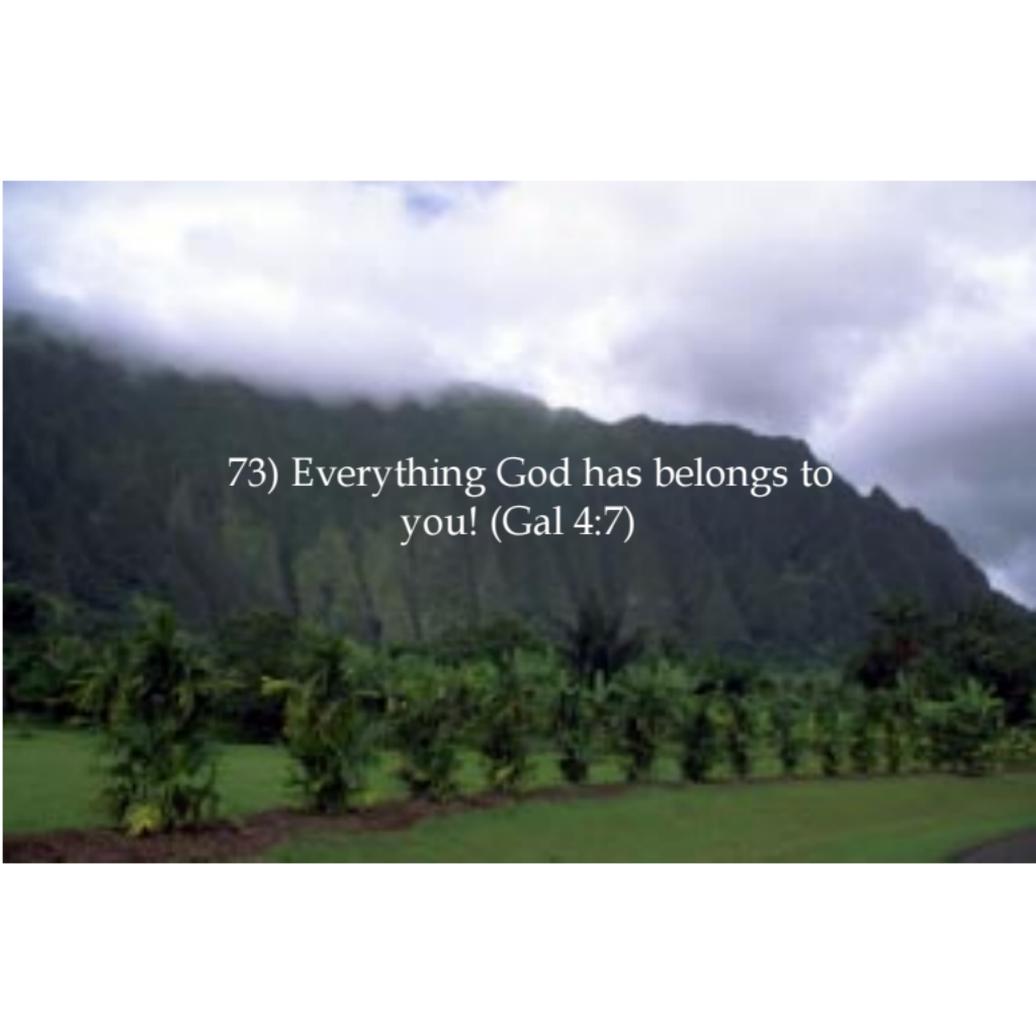
70) Call a friend or brother or sister
in the church who is known as one
that will encourage you.



71) Look for the best in others.
(1 Thess 5:15)

A close-up photograph of a dense field of flowers. The foreground is dominated by bright orange poppies, while the background is filled with numerous small, purple flowers. The overall scene is vibrant and colorful, with a soft focus on the individual blooms.

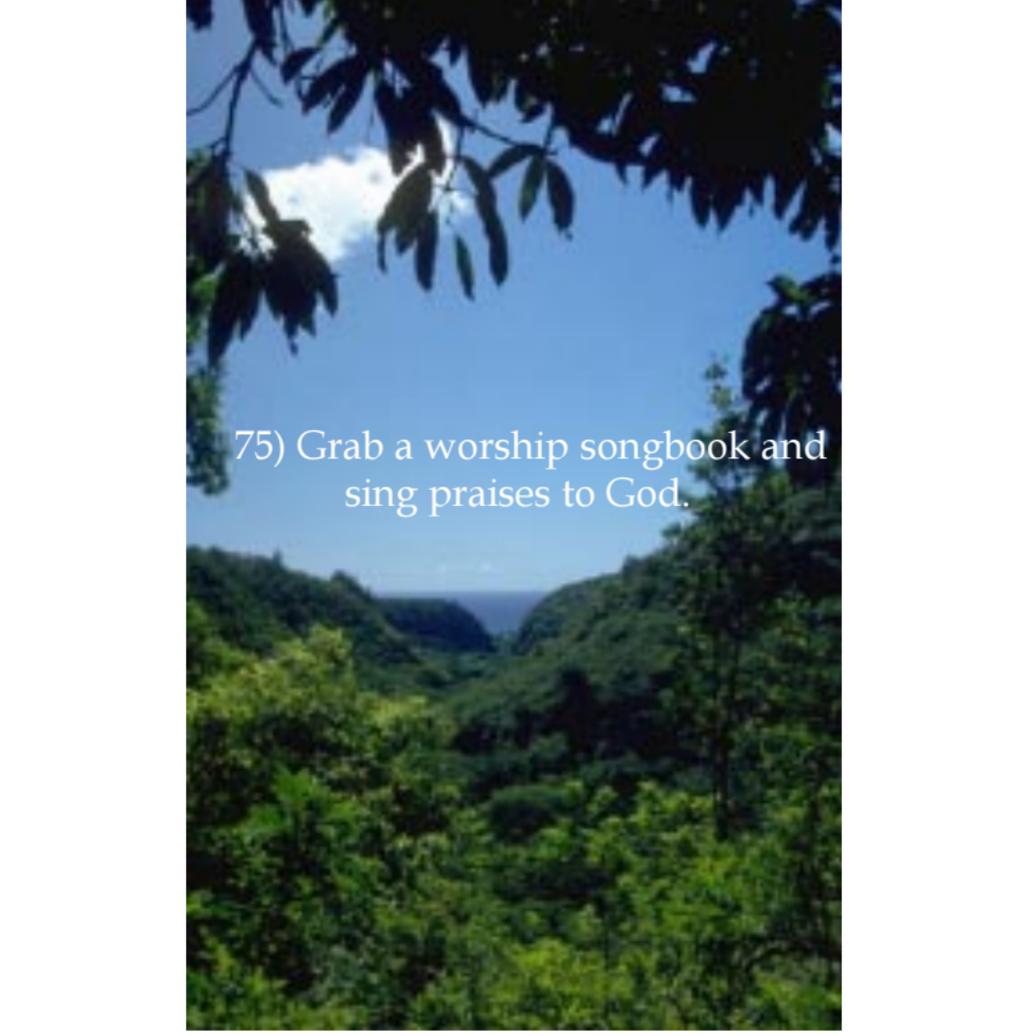
72) You are a strong and wise individual! Proof: You believe in God and Jesus. That takes strength and wisdom. (Ps 14:1, 1 Cor 2:14)

A tropical landscape featuring a range of dark, forested mountains in the background. The sky is filled with heavy, grey clouds, with some light breaking through. In the foreground, a row of lush green palm trees stands on a grassy slope. The overall scene is serene and majestic.

73) Everything God has belongs to
you! (Gal 4:7)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a dark, forested hillside under a clear blue sky.

74) Exercise your self-control. (Gal
5:22-23)

A vertical photograph of a lush green valley. The foreground is filled with dense, vibrant green foliage. In the middle ground, a deep valley opens up, leading to a distant blue horizon. The sky is a clear, bright blue, with a single white cloud visible in the upper left quadrant. Dark, silhouetted tree branches frame the top and right sides of the image.

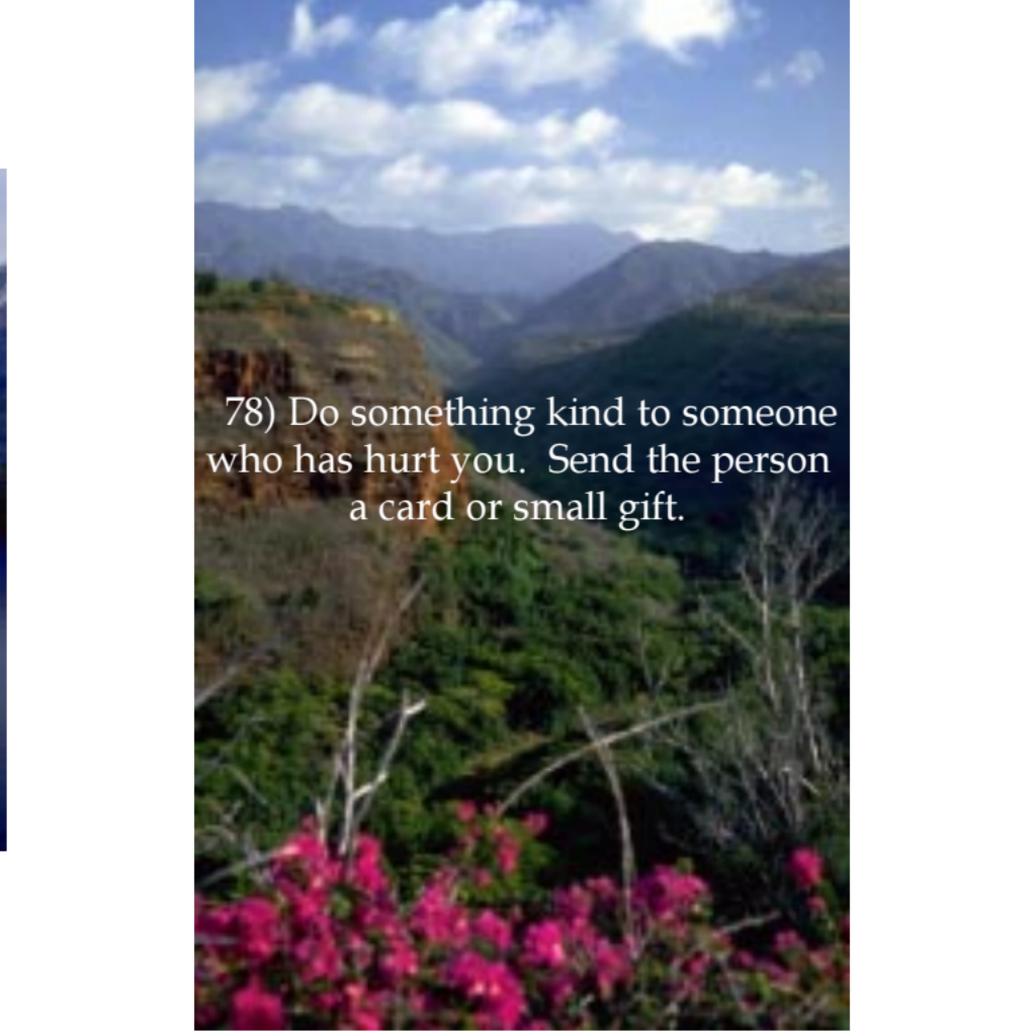
75) Grab a worship songbook and
sing praises to God.



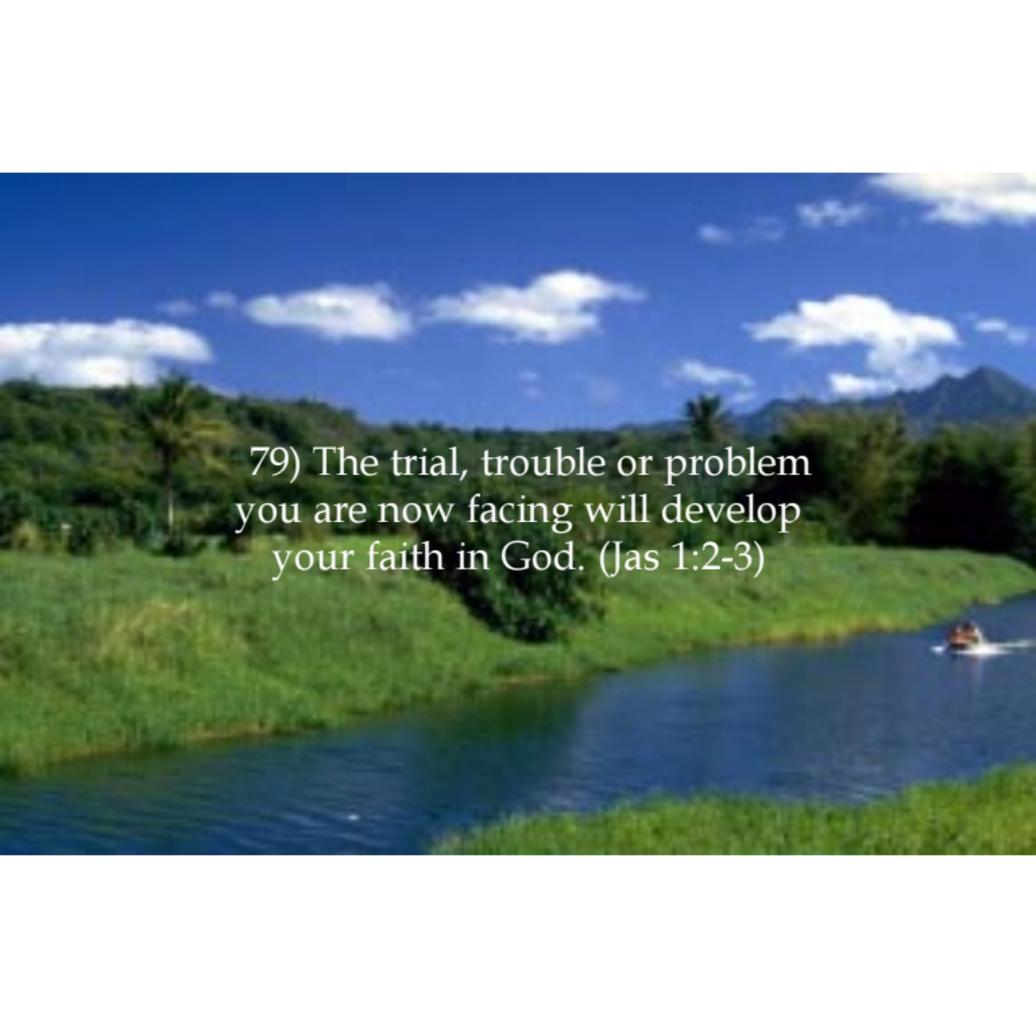
76) Pray for God to fill you with
his spirit of joy and peace.

A scenic landscape of a mountain valley. In the foreground, a calm river flows through a lush green valley, reflecting the sky and the surrounding mountains. The middle ground shows rolling hills and a dense forest of evergreen trees. In the background, majestic mountains with patches of snow rise against a sky filled with soft, white clouds. The overall atmosphere is peaceful and serene.

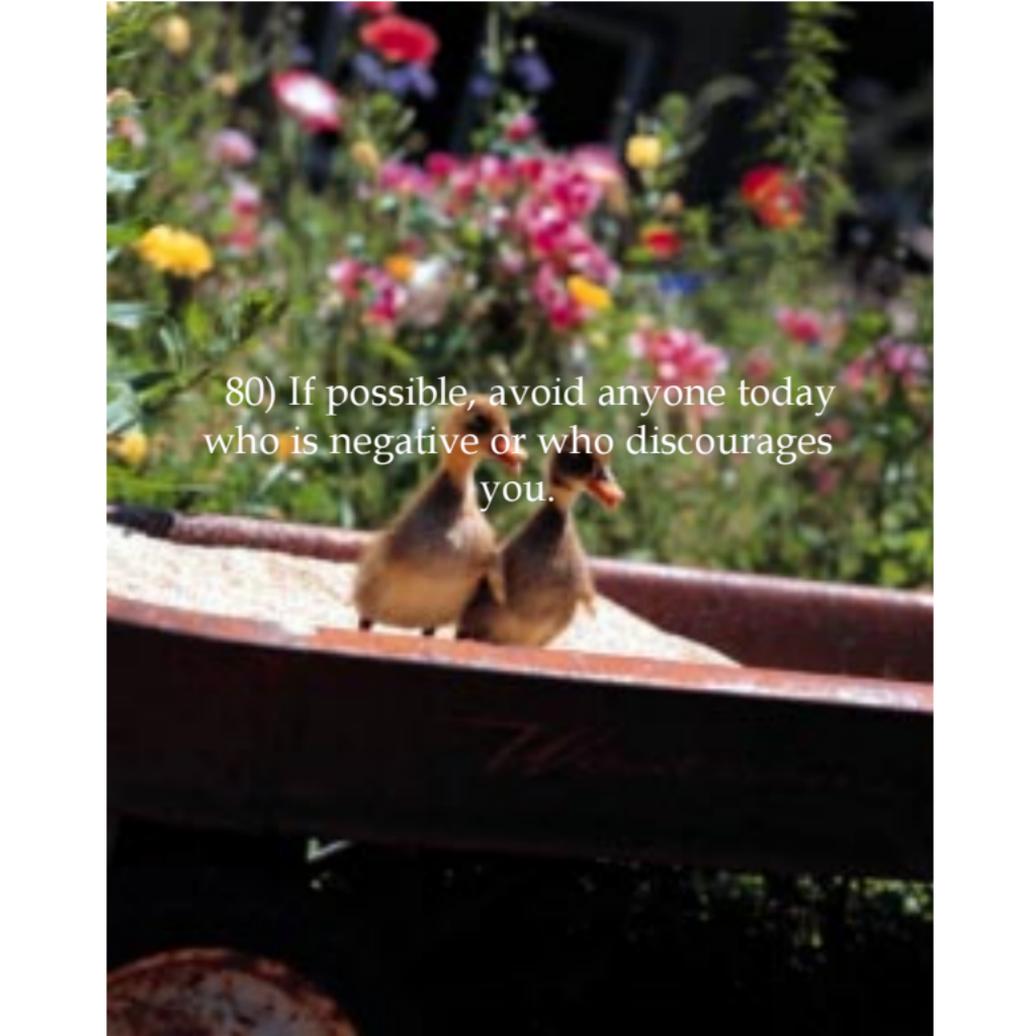
77) Jesus (God in the flesh) died for
you even while you walked in sin.
(Jn 3:16)



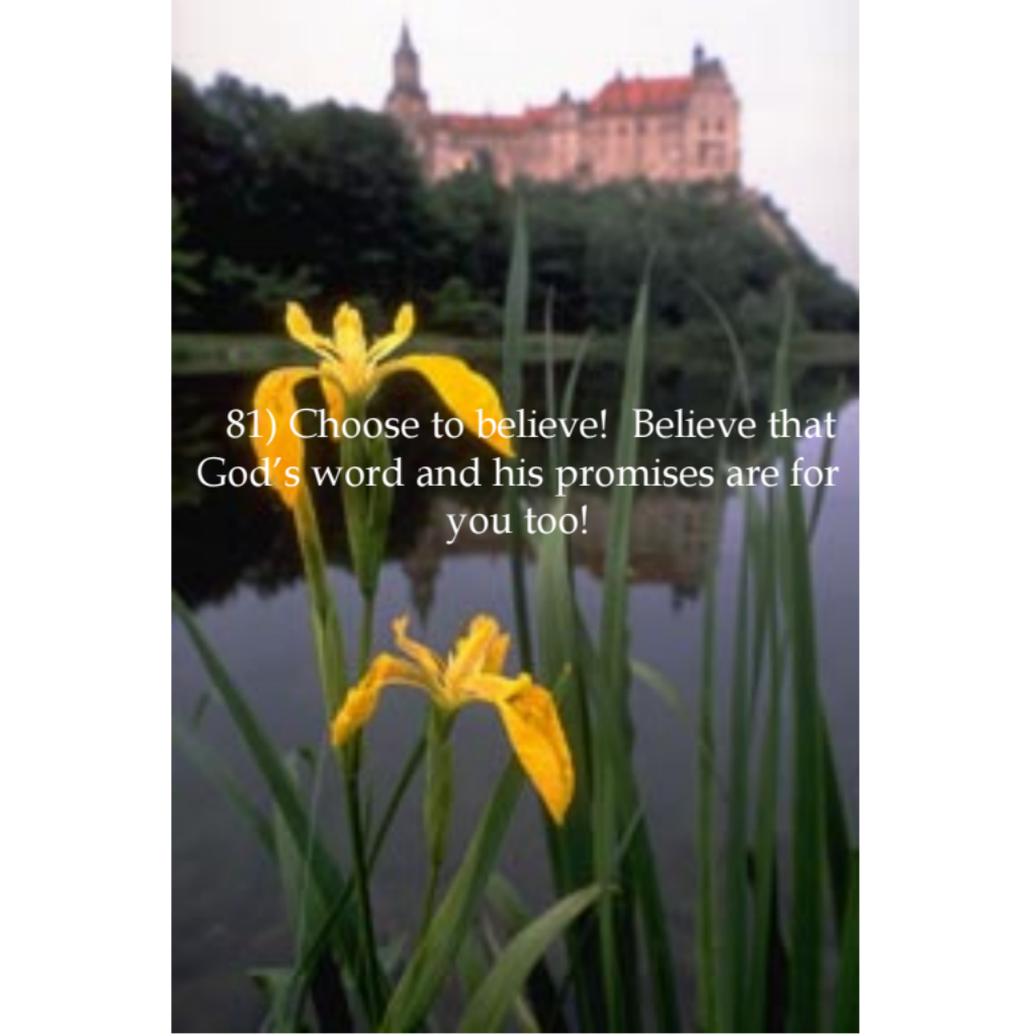
78) Do something kind to someone who has hurt you. Send the person a card or small gift.

A scenic landscape featuring a winding river in the foreground, lush green hills in the middle ground, and a bright blue sky with scattered white clouds. In the distance, a mountain range is visible. A small boat with people is on the river to the right.

79) The trial, trouble or problem
you are now facing will develop
your faith in God. (Jas 1:2-3)

A photograph of two small, brown ducklings perched on the edge of a wooden trough. The background is filled with a variety of colorful flowers, including red, pink, yellow, and blue blossoms, creating a vibrant and natural setting. The lighting is bright, suggesting a sunny day.

80) If possible, avoid anyone today
who is negative or who discourages
you.

A scenic landscape photograph featuring a large, multi-story castle with a prominent spire, situated on a lush green hill overlooking a calm body of water. In the foreground, several tall green stalks of yellow irises are in bloom, their vibrant petals contrasting with the darker tones of the water and the distant castle. The overall atmosphere is peaceful and serene.

81) Choose to believe! Believe that
God's word and his promises are for
you too!



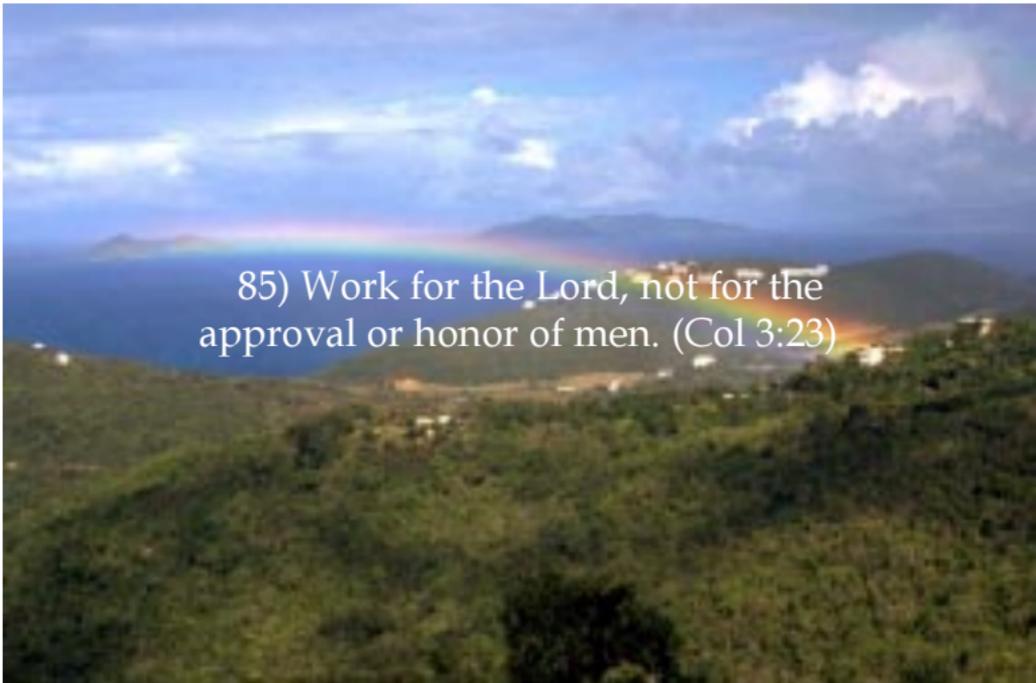
82) Life is a journey. Enjoy the ride!



83) Eat healthy all day today or all week. No junk food or fast food.

A tropical beach scene featuring several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a dark, forested hillside under a clear blue sky. The text "84) Don't be afraid! (Lk 12:4-5)" is overlaid in the center of the image.

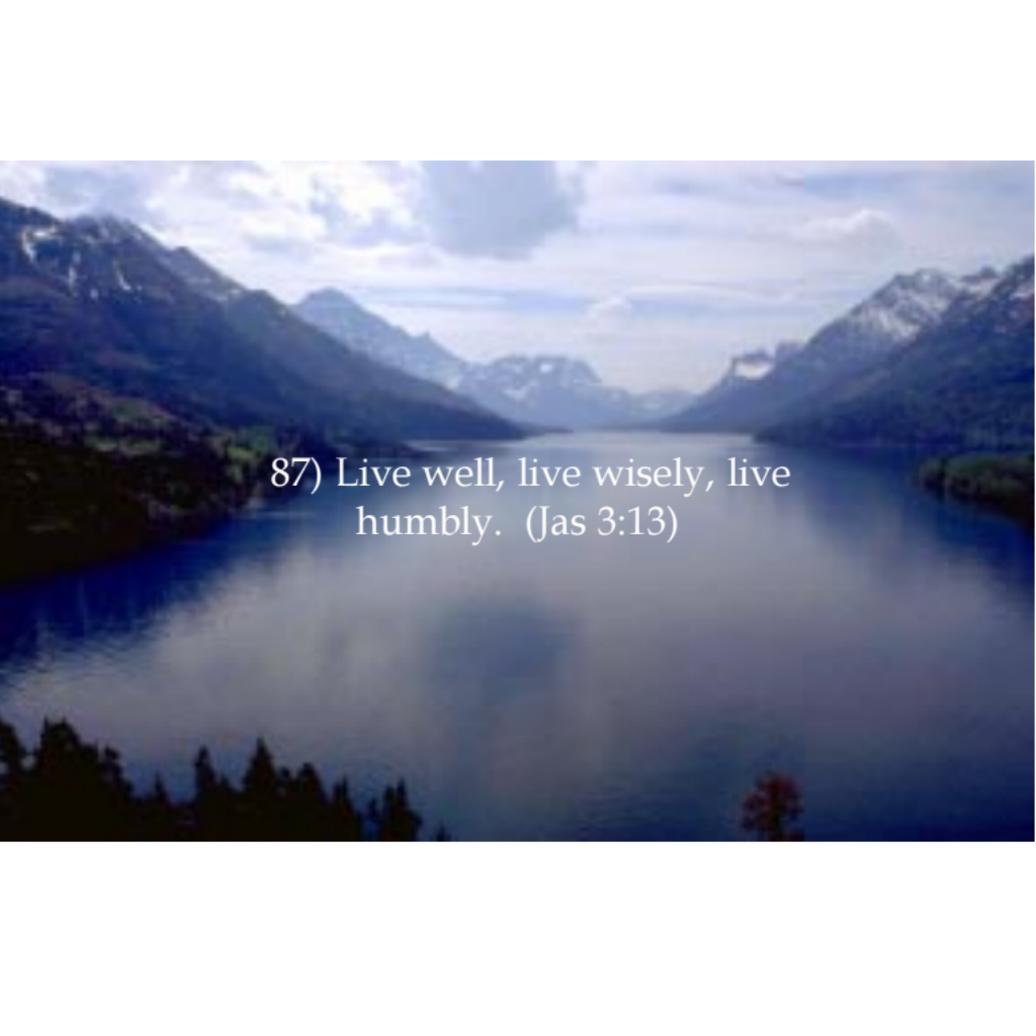
84) Don't be afraid! (Lk 12:4-5)



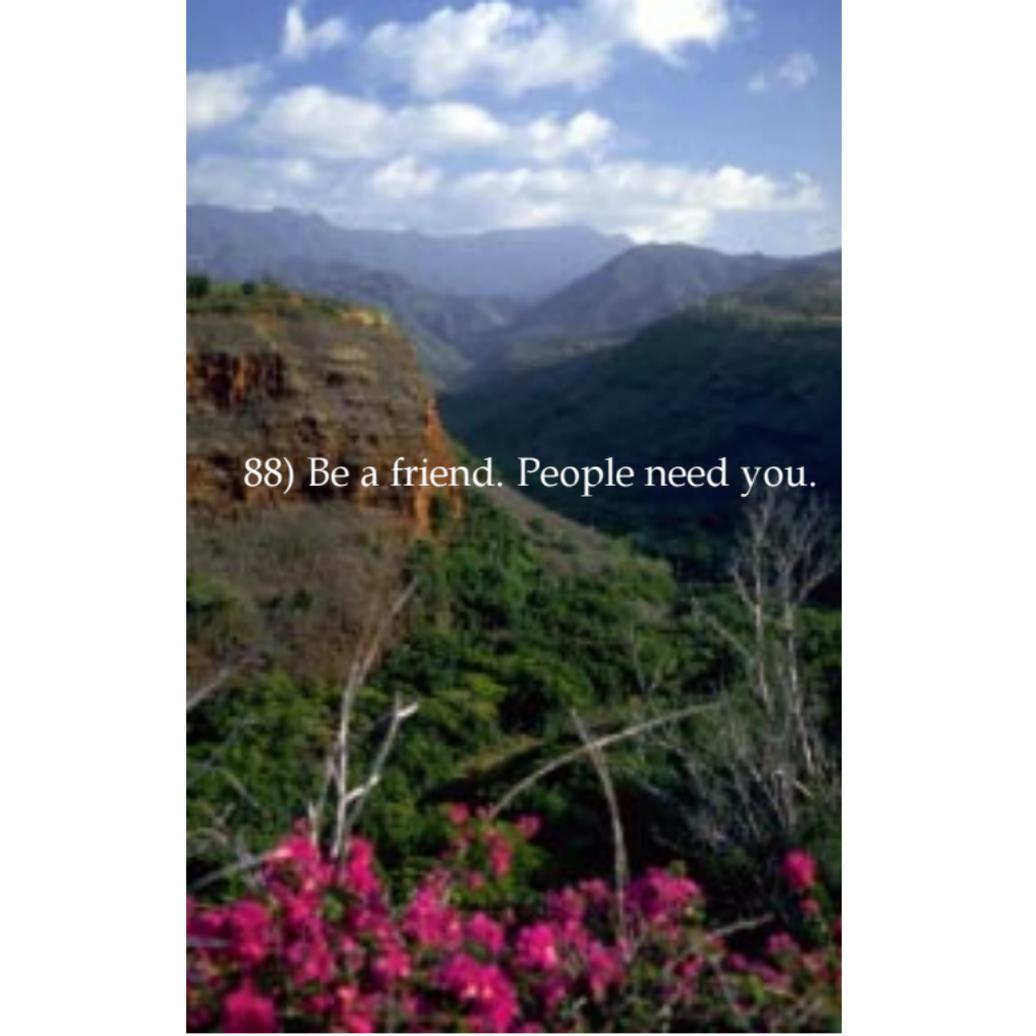
85) Work for the Lord, not for the approval or honor of men. (Col 3:23)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a dark, forested hillside under a clear blue sky.

86) Don't compete or covet (lust
after others or what they have). It
leads to misery. (Gal 5:26)

A wide-angle landscape photograph of a calm lake nestled in a mountain valley. The water is a deep blue, reflecting the sky and the surrounding green mountains. In the distance, more mountain peaks are visible under a sky with scattered white clouds. The foreground shows the dark silhouettes of evergreen trees.

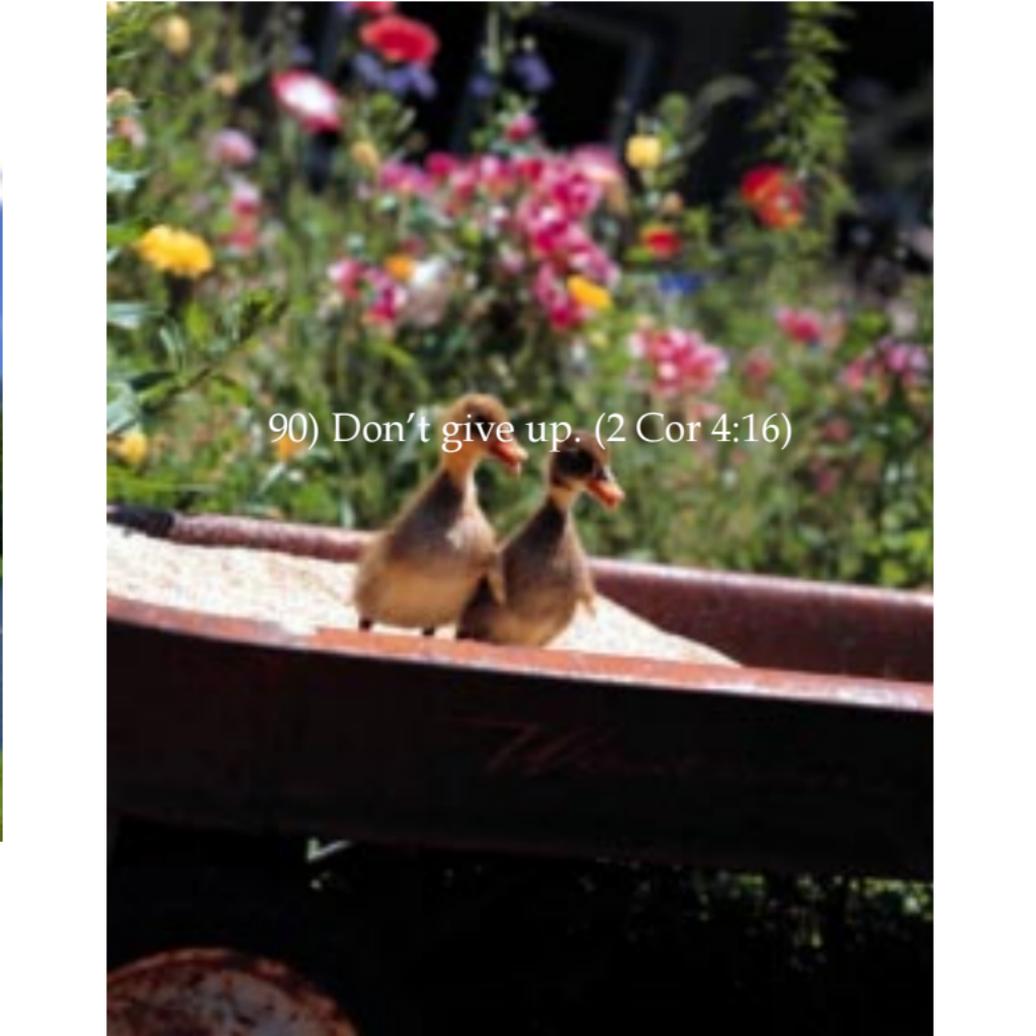
87) Live well, live wisely, live
humbly. (Jas 3:13)

A vertical landscape photograph showing a deep valley between mountains. The sky is blue with scattered white clouds. The mountains are covered in green vegetation. In the foreground, there are pink flowers and some bare, grey branches. The text "88) Be a friend. People need you." is overlaid in the center of the image.

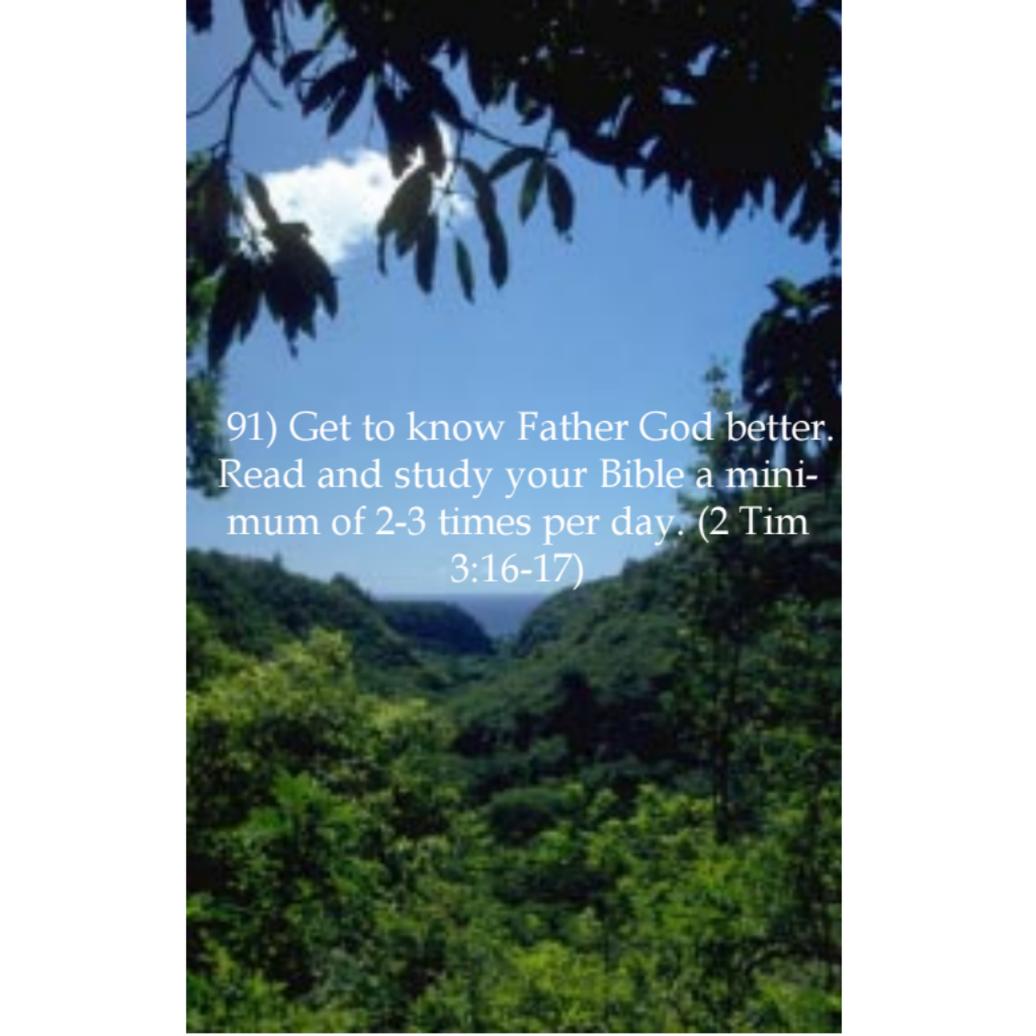
88) Be a friend. People need you.

A scenic landscape featuring a river flowing through lush green hills. The sky is bright blue with scattered white clouds. In the distance, a mountain range is visible. A small boat with people is on the river. The text is overlaid in the center of the image.

89) Don't be deceived by worldly riches. (Heb 13:5)

A photograph of two small, brown ducklings standing on a wooden ledge. The background is filled with vibrant, colorful flowers in shades of red, pink, yellow, and blue. The scene is brightly lit, suggesting a sunny day. The ducklings are positioned in the center of the frame, looking towards the right.

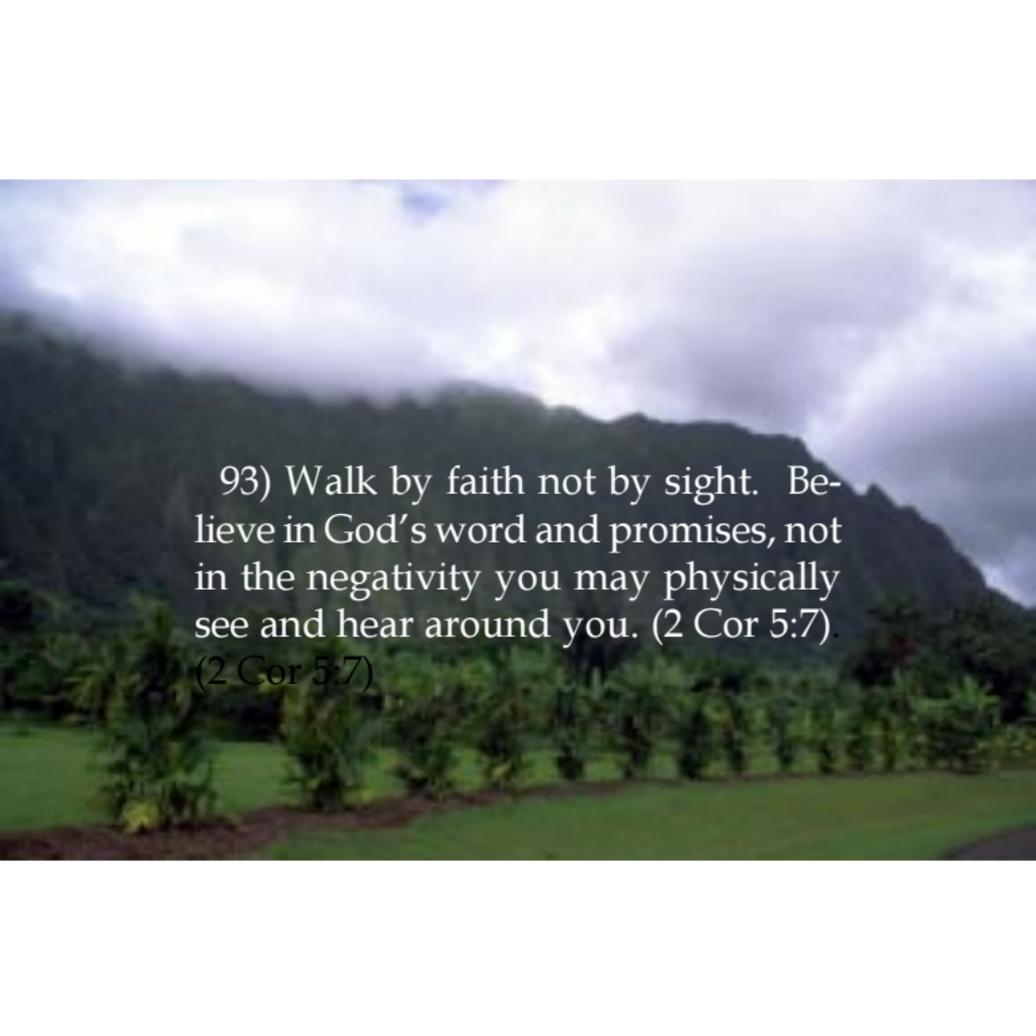
90) Don't give up. (2 Cor 4:16)



91) Get to know Father God better.
Read and study your Bible a minimum of 2-3 times per day. (2 Tim 3:16-17)



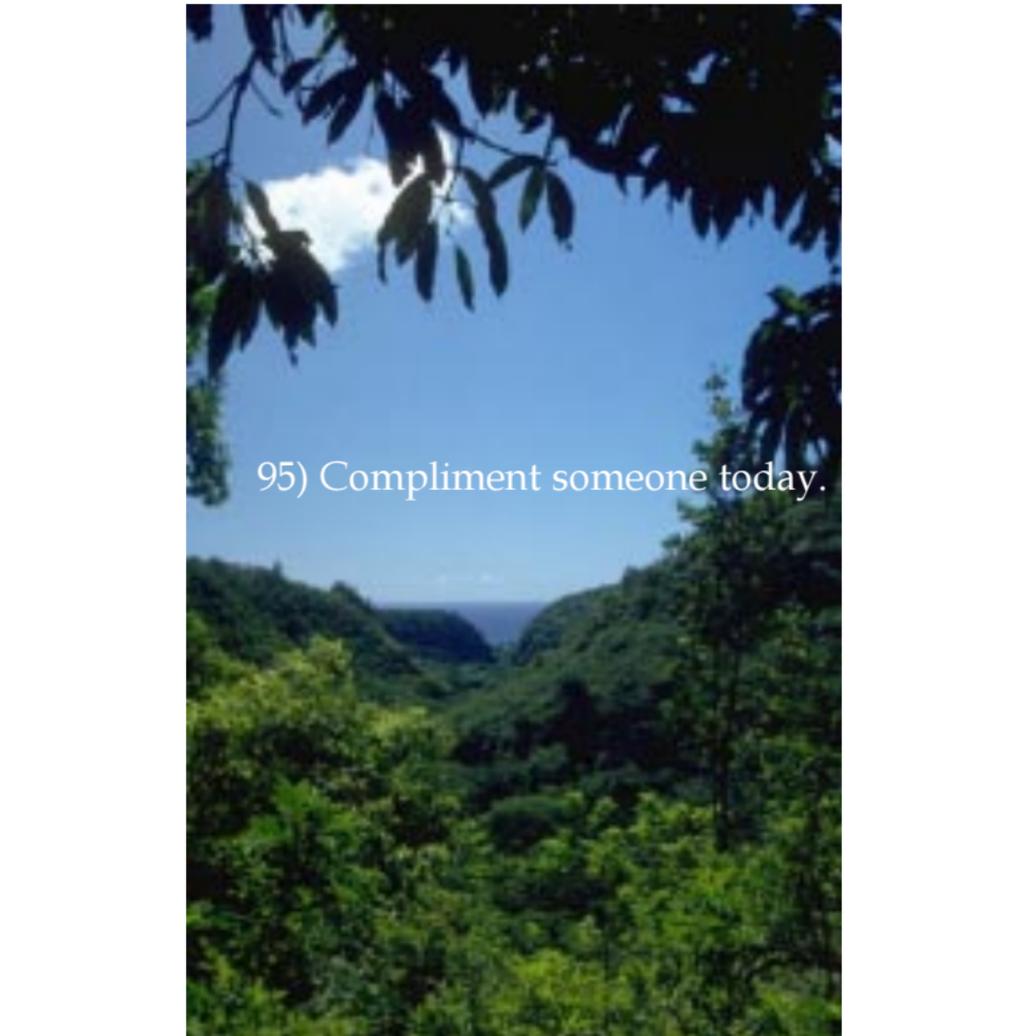
92) Read Psalm 112 (NIV if possible).

A landscape photograph of a golf course with a mountain in the background under a cloudy sky. The foreground shows a green fairway and a row of trees. The sky is filled with large, grey clouds, with some light breaking through. The mountain in the background is dark and partially obscured by mist or low clouds.

93) Walk by faith not by sight. Believe in God's word and promises, not in the negativity you may physically see and hear around you. (2 Cor 5:7).
(2 Cor 5:7)

A tropical beach scene featuring several tall palm trees. A white hammock is strung between two of the trees, hanging over a sandy area. In the background, the ocean is visible with white waves breaking against a dark, hilly coastline under a clear blue sky.

94) Encourage someone today.

A vertical photograph of a lush green valley. The foreground is filled with dense, vibrant green foliage. In the middle ground, a valley opens up, showing rolling hills covered in green trees. The background features a clear blue sky with a few wispy white clouds. The top of the image is framed by dark, silhouetted tree branches and leaves, with sunlight filtering through them.

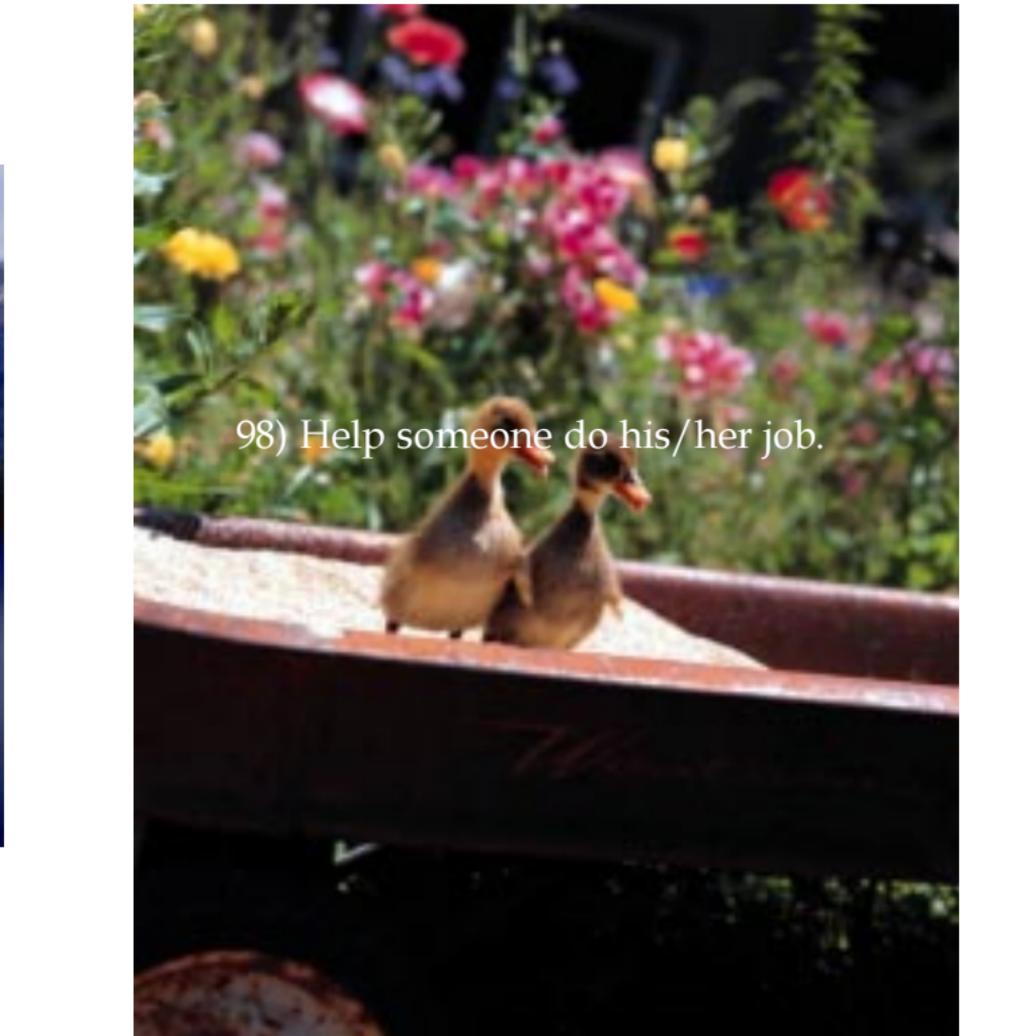
95) Compliment someone today.

A scenic landscape featuring a vibrant rainbow arching over a coastal town and the ocean under a dramatic, cloudy sky. The foreground is filled with dense green foliage, likely a forest or park. In the middle ground, a small town with several buildings is visible on a hillside. The ocean is visible on the left side of the image. The sky is filled with large, white and grey clouds, with a bright blue patch where the rainbow is most prominent. The overall mood is serene and inspiring.

96) Go above and beyond the call
of duty as a Christian.



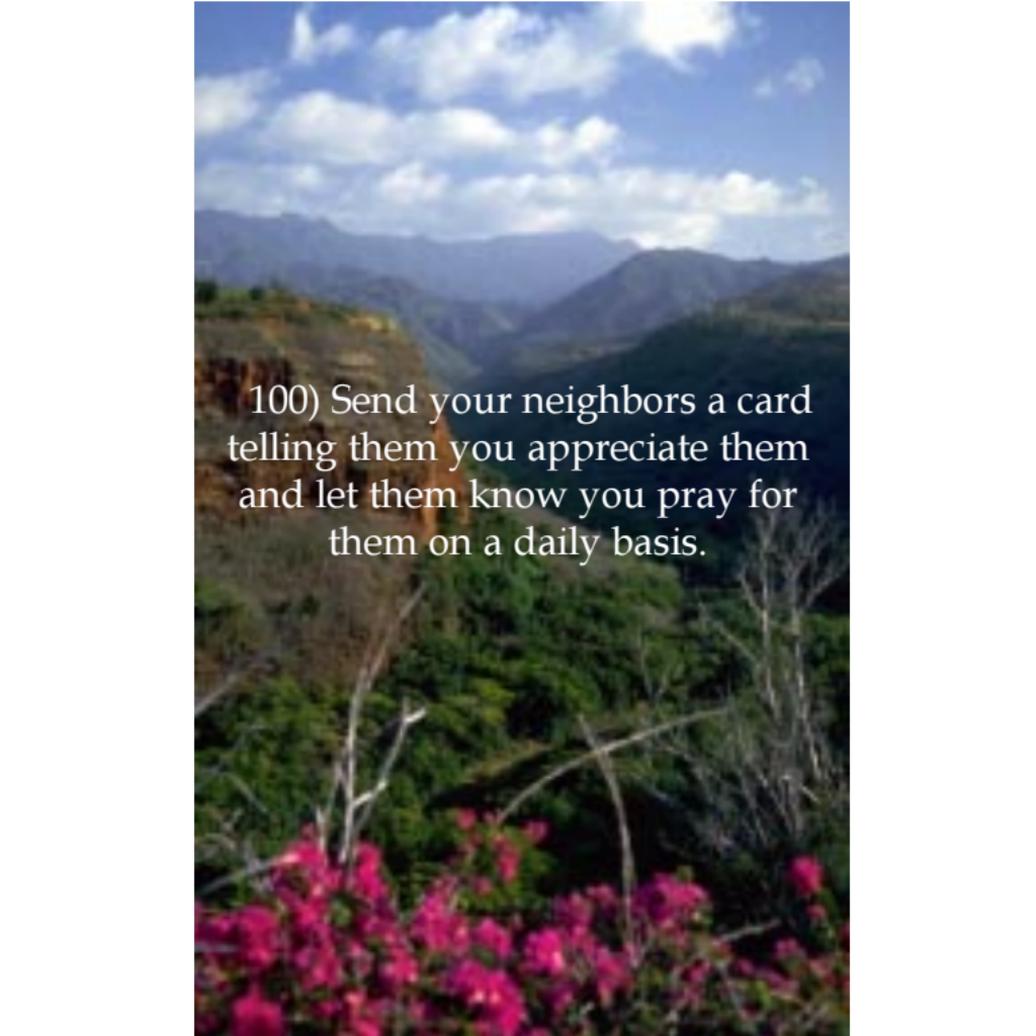
97) Whatever you do, do it with all
your heart.

A photograph of two small, fluffy ducklings sitting in a wooden boat. The boat is filled with a light-colored, granular substance, possibly sand or straw. The background is a lush garden with various colorful flowers, including red, pink, and yellow blooms, and green foliage. The scene is brightly lit, suggesting a sunny day.

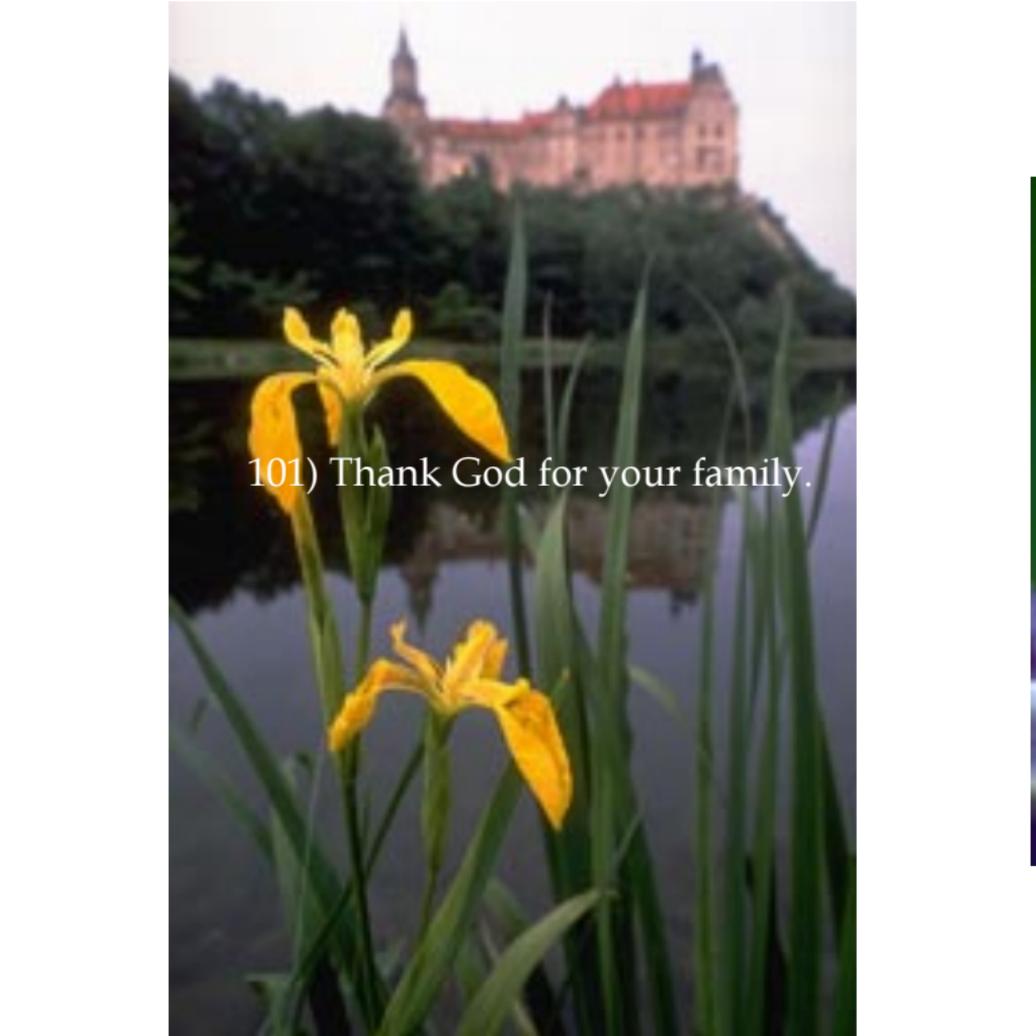
98) Help someone do his/her job.

A scenic landscape featuring a river flowing through a lush green valley. The sky is a vibrant blue with scattered white clouds. In the distance, there are rolling green hills and mountains. A small boat is visible on the river in the lower right corner. The overall scene is bright and peaceful.

99) Instead of saying just hello, ask “how are you doing?” when you speak to someone. Don’t forget all those you call on (your creditors or bill collectors) when you’re contacting them via the phone or email, etc.

A scenic landscape photograph of a mountain valley. The sky is bright blue with scattered white clouds. In the background, there are layers of hazy, blue-tinted mountains. The middle ground shows a deep valley with green vegetation. In the foreground, there are several thin, bare tree branches and a cluster of vibrant pink flowers.

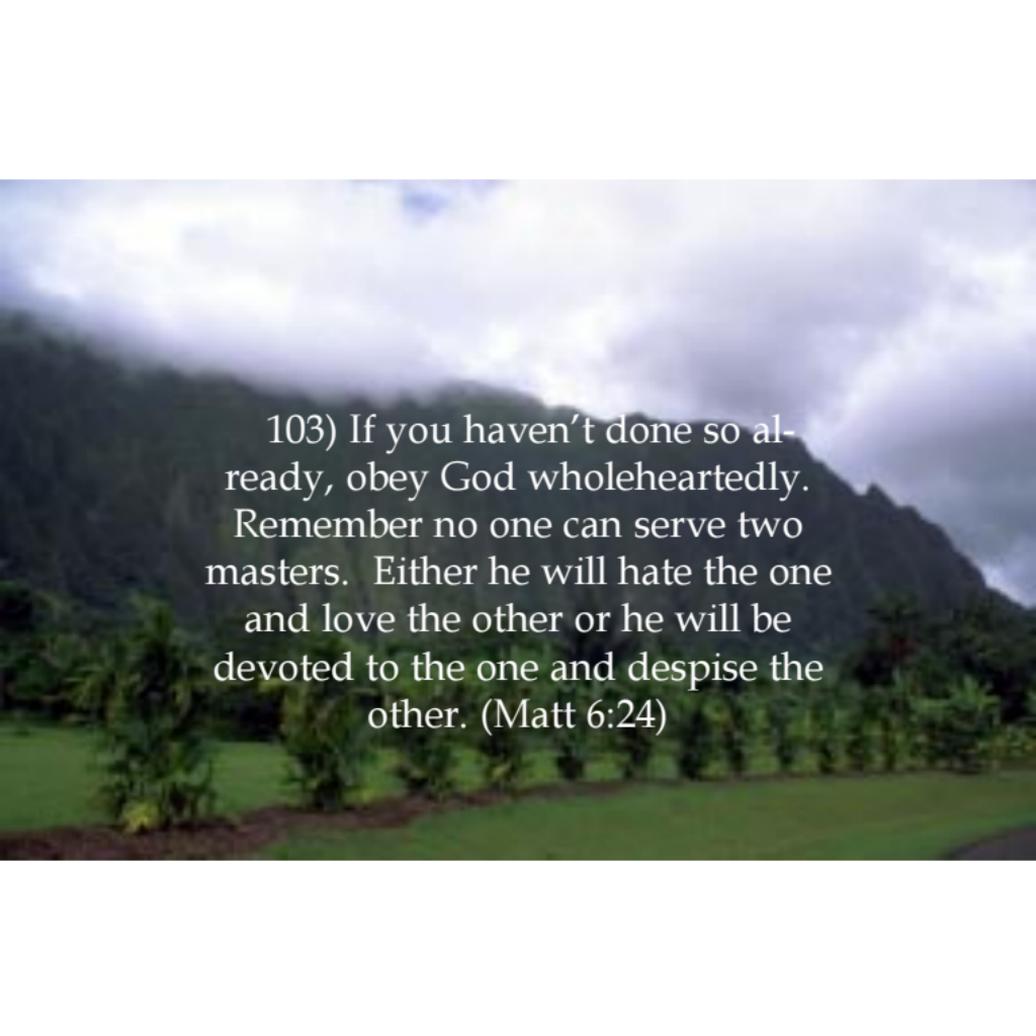
100) Send your neighbors a card telling them you appreciate them and let them know you pray for them on a daily basis.

A scenic landscape photograph featuring a large, multi-story castle with a prominent spire, situated on a lush green hill overlooking a calm body of water. In the foreground, several tall green irises with bright yellow flowers are in bloom. The castle and the surrounding greenery are reflected in the still water. The overall atmosphere is peaceful and picturesque.

101) Thank God for your family.



102) Be grateful to God for his
grace and mercy.

A scenic landscape featuring a mountain range under a cloudy sky. The foreground is a green field with some trees. The text is overlaid on the image.

103) If you haven't done so already, obey God wholeheartedly. Remember no one can serve two masters. Either he will hate the one and love the other or he will be devoted to the one and despise the other. (Matt 6:24)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a clear blue sky. The text is overlaid on the image.

104) Accept the new life God has given you. This new life may include a new perspective on life, a new job or career, a new home or location, or a position or work in the church or serving the church. (1 Pet 1:3-4)

A photograph of a sailboat on the ocean with a coastal town and hills in the background under a blue sky with clouds.

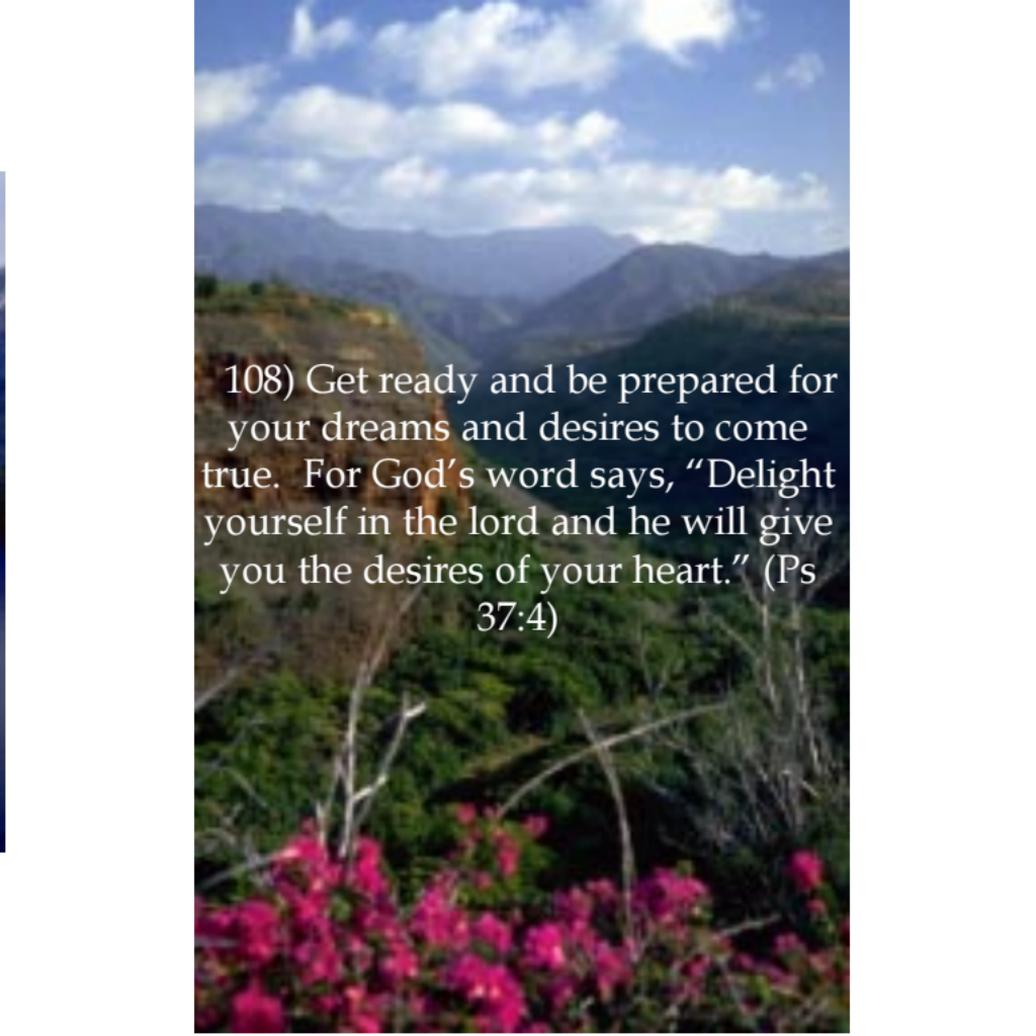
105) Be generous.

A scenic landscape featuring a vibrant rainbow arching across a valley. The foreground is filled with dense green foliage, while the middle ground shows a valley with some buildings and lights. In the background, there are rolling mountains under a blue sky with scattered white clouds. The overall atmosphere is peaceful and natural.

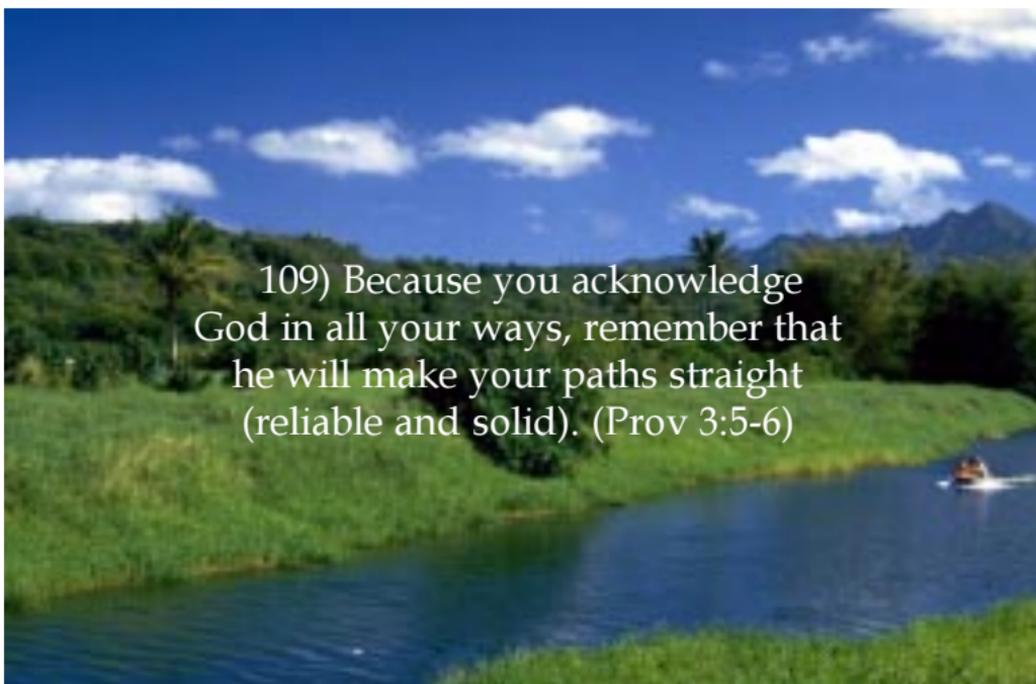
106) Do a job or chore for someone.
For example, clean your spouse's
vehicle or your child's room.

A scenic landscape photograph of a mountain valley. In the foreground, a calm lake reflects the sky and the surrounding mountains. The middle ground shows rolling green hills and a small town or village nestled in the valley. In the background, majestic mountains with patches of snow rise against a sky filled with soft, white clouds. The overall mood is peaceful and serene.

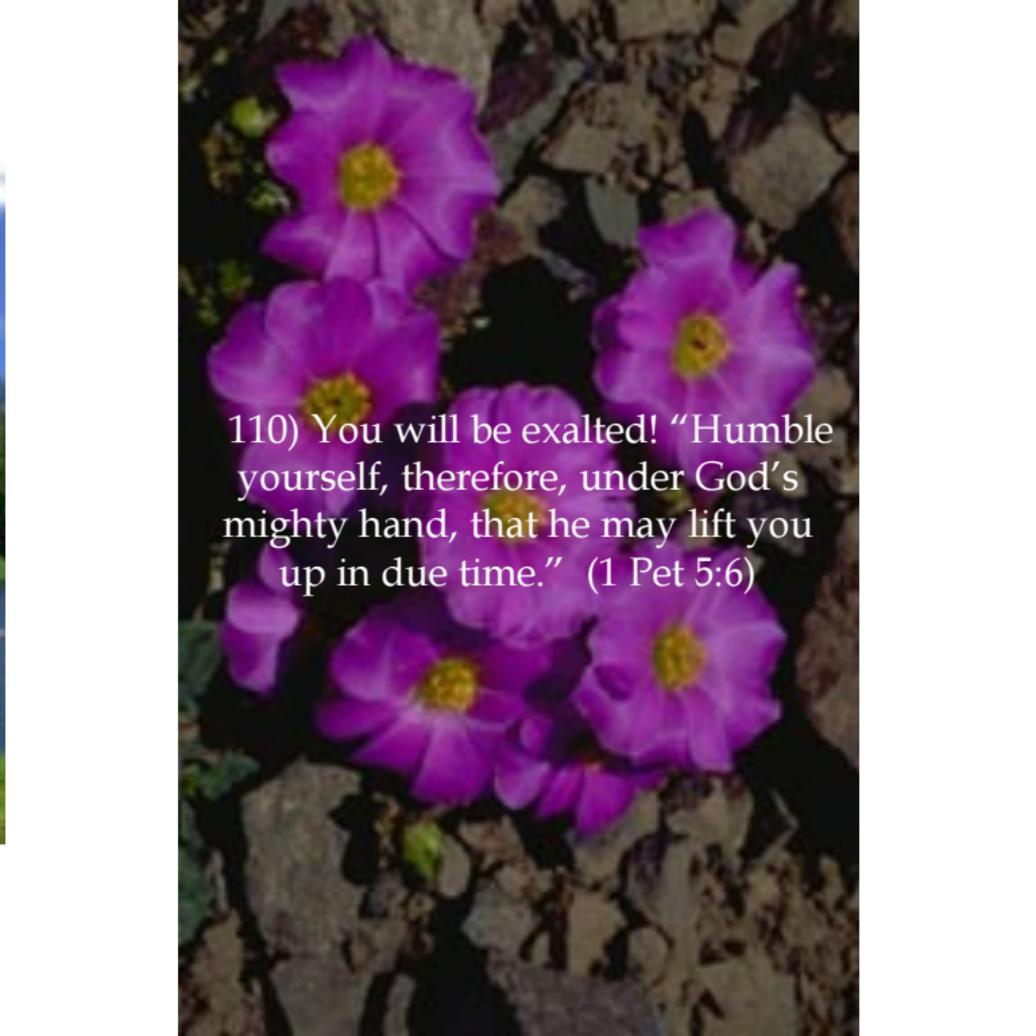
107) Write on the mirror of your child or spouse: "God loves you and so do I" and "You're great!"

A scenic landscape photograph of a mountain valley. The sky is bright blue with scattered white clouds. In the background, there are layers of hazy, blue-tinted mountains. The middle ground shows a valley with green hillsides. In the foreground, there are several thin, bare tree branches and a cluster of vibrant pink flowers.

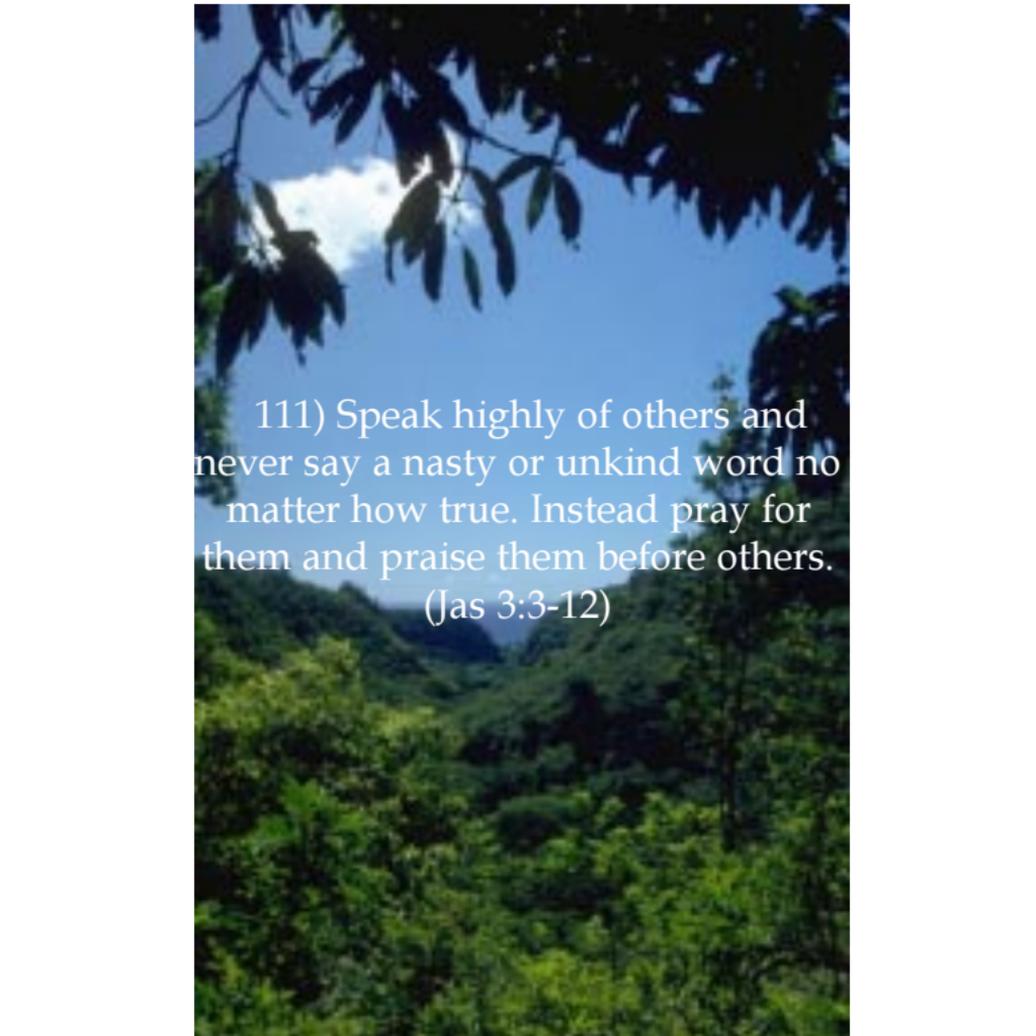
108) Get ready and be prepared for your dreams and desires to come true. For God's word says, "Delight yourself in the lord and he will give you the desires of your heart." (Ps 37:4)



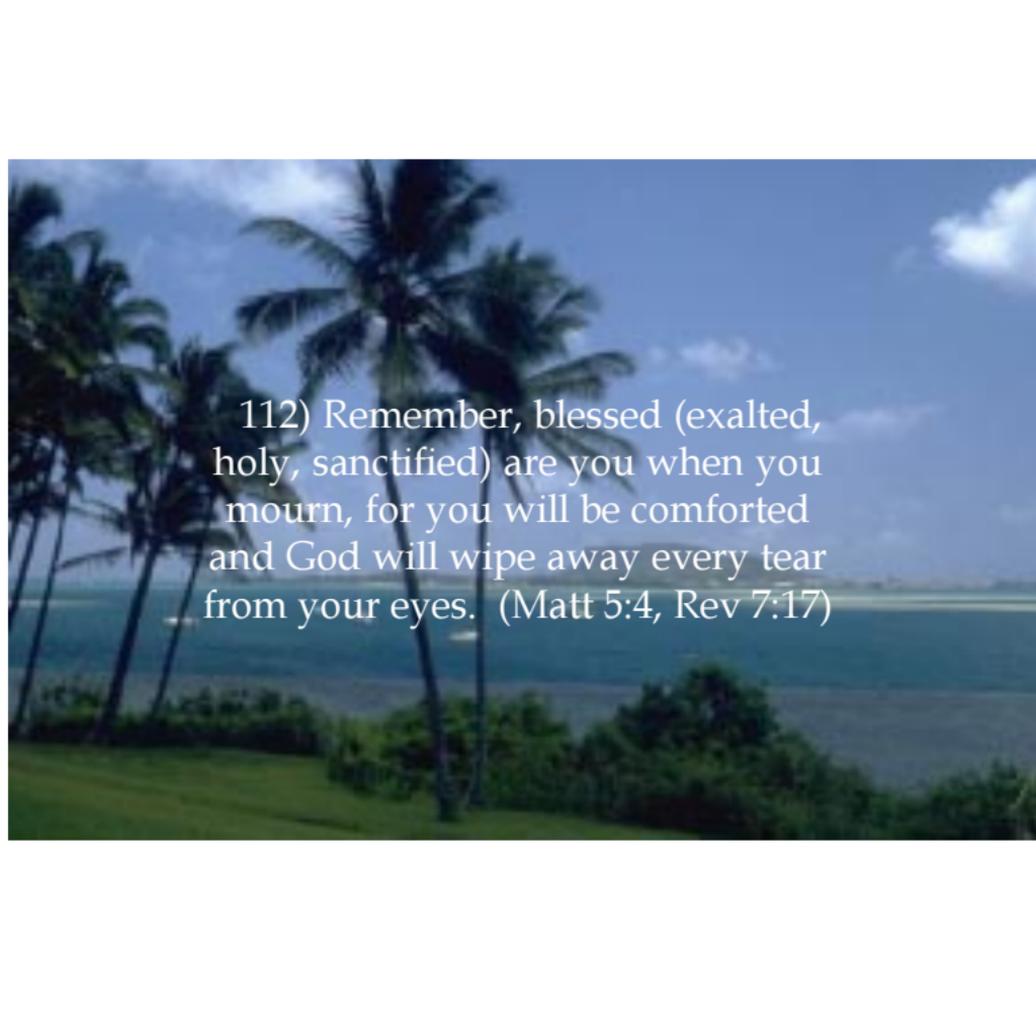
109) Because you acknowledge
God in all your ways, remember that
he will make your paths straight
(reliable and solid). (Prov 3:5-6)

A photograph of several vibrant purple flowers with yellow centers, growing from a crack in a grey stone surface. The flowers are in various stages of bloom, and the background is a textured, dark stone.

110) You will be exalted! “Humble yourself, therefore, under God’s mighty hand, that he may lift you up in due time.” (1 Pet 5:6)



111) Speak highly of others and never say a nasty or unkind word no matter how true. Instead pray for them and praise them before others.
(Jas 3:3-12)

A tropical landscape featuring several palm trees in the foreground, a green lawn, and a blue sky with scattered white clouds. In the background, a body of water is visible, possibly a bay or a large lake, with a distant shoreline. The overall scene is bright and serene.

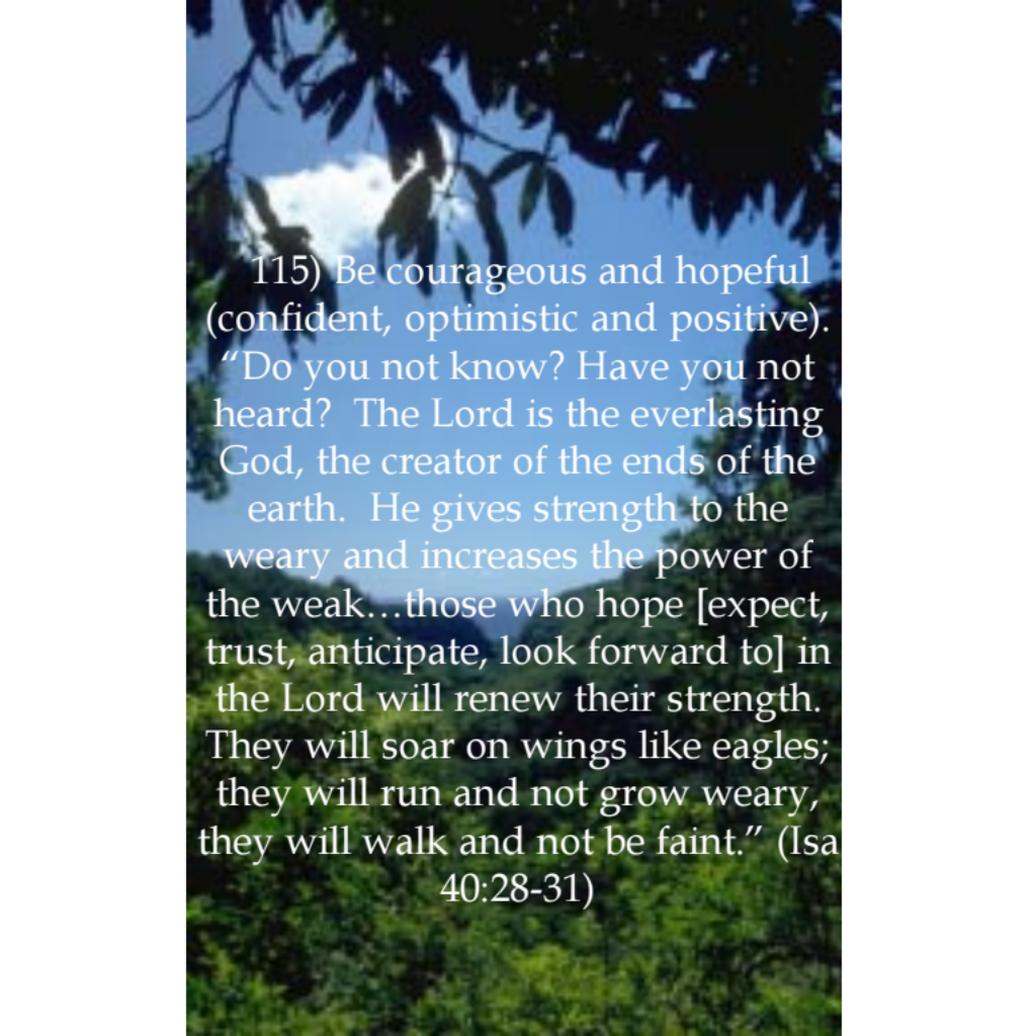
112) Remember, blessed (exalted, holy, sanctified) are you when you mourn, for you will be comforted and God will wipe away every tear from your eyes. (Matt 5:4, Rev 7:17)

A tropical landscape featuring a mountain range in the background under a cloudy sky. In the foreground, there is a row of palm trees and a green lawn.

113) Ask Father God to heal your
broken heart and fill it with joy. He
will.

A tropical beach scene featuring several palm trees and a hammock strung between two of them. The background shows a clear blue sky, a dark ocean with white waves, and a distant landmass. The foreground is sandy ground with some green foliage.

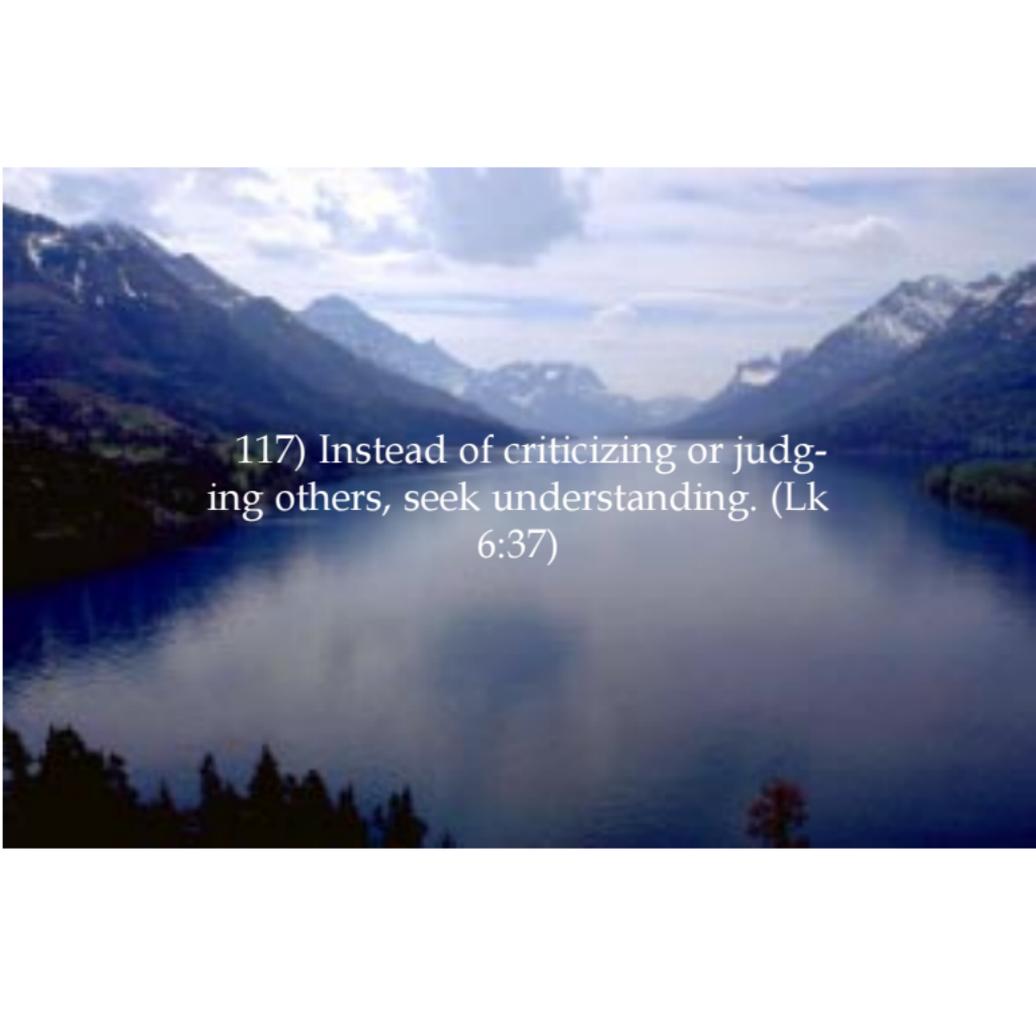
114) Thank God for answering
your prayers.



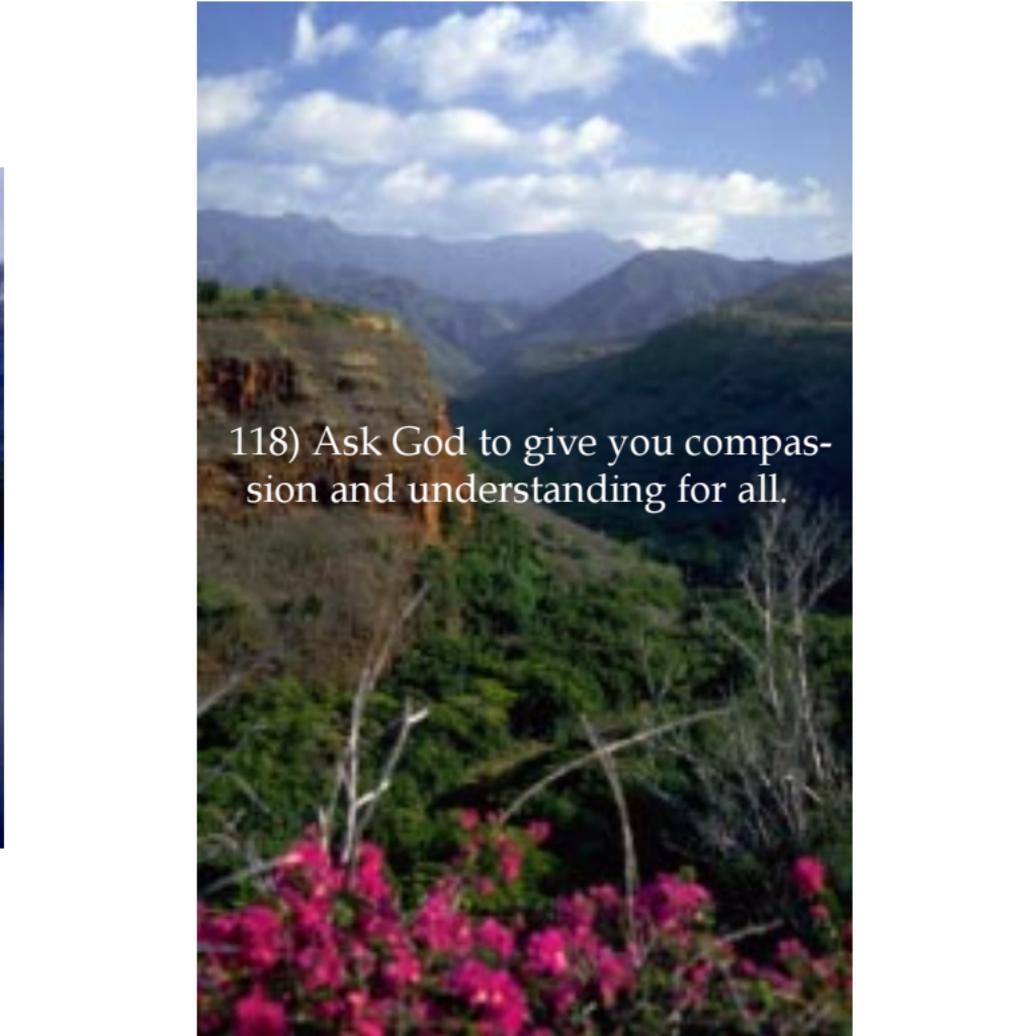
115) Be courageous and hopeful (confident, optimistic and positive).
“Do you not know? Have you not heard? The Lord is the everlasting God, the creator of the ends of the earth. He gives strength to the weary and increases the power of the weak...those who hope [expect, trust, anticipate, look forward to] in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isa 40:28-31)

A scenic landscape photograph featuring a vibrant rainbow arching over a body of water in the distance. The foreground is dominated by a dense, lush green forest. The sky is filled with soft, blue and white clouds, suggesting a twilight or dawn setting. The overall mood is peaceful and inspirational.

116) Ask God to help you be content and joyful today. Ask him for this each day. Begin now.

A scenic landscape photograph of a mountain valley. In the foreground, a calm lake reflects the sky and the surrounding mountains. The middle ground shows rolling green hills and a dense forest of evergreen trees. In the background, majestic mountains with patches of snow rise against a sky filled with soft, white clouds. The overall atmosphere is peaceful and serene.

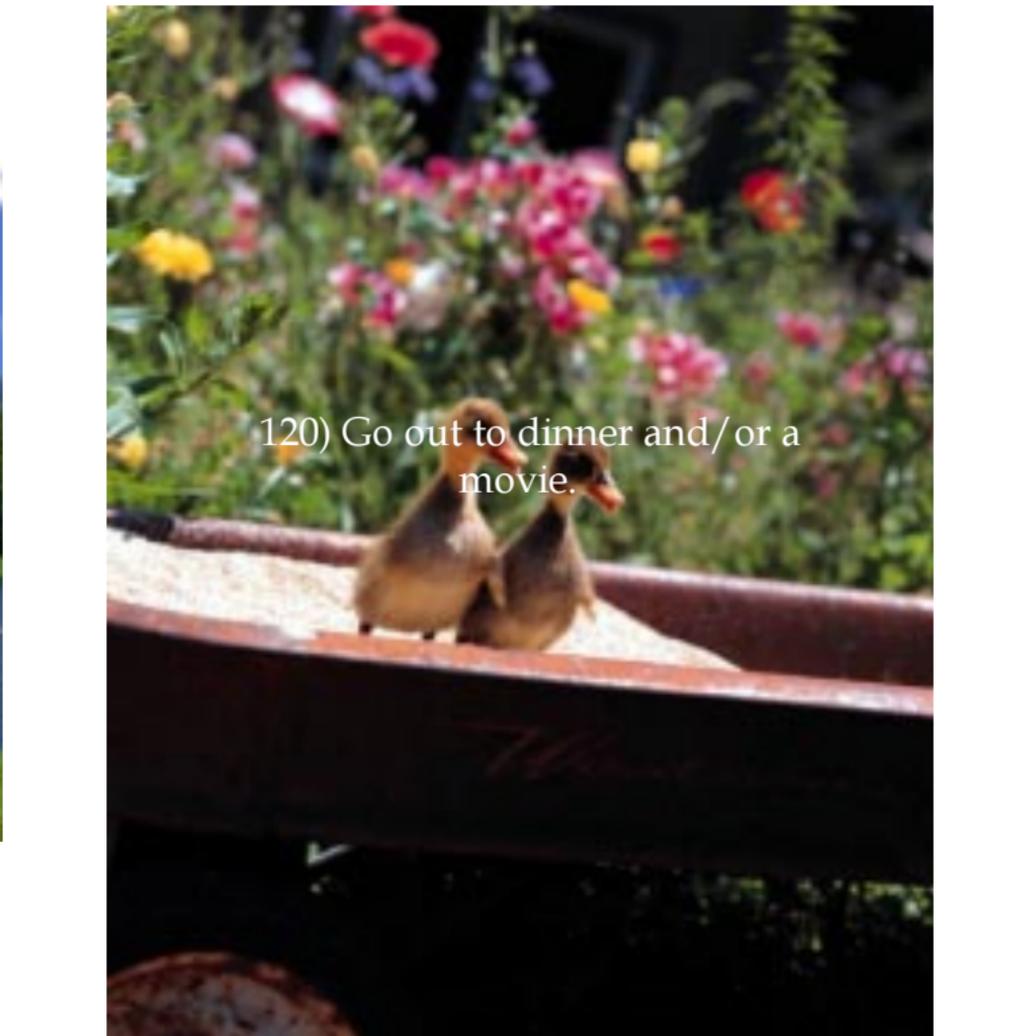
117) Instead of criticizing or judging others, seek understanding. (Lk 6:37)

A vertical landscape photograph showing a deep valley between mountains. The sky is bright blue with scattered white clouds. The mountains are covered in green vegetation, with some rocky outcrops visible on the left. In the foreground, there are several bare, grey branches and a cluster of bright pink flowers. The text is overlaid in the center of the image.

118) Ask God to give you compassion and understanding for all.

A scenic landscape featuring a river flowing through lush green hills under a bright blue sky with scattered white clouds. In the distance, a small boat is visible on the water. The text is overlaid in the center of the image.

119) Don't complain or criticize but rather pray for change. Complaining causes unhappiness, misery, and more problems. (Phil 2:14)

A photograph of two small, brown ducklings standing on a wooden ledge. The background is filled with a variety of colorful flowers, including red, yellow, and pink blooms, creating a vibrant and natural setting. The ducklings are positioned in the lower center of the frame, looking towards the right.

120) Go out to dinner and/or a
movie.



121) Visit an elderly or lonely person.



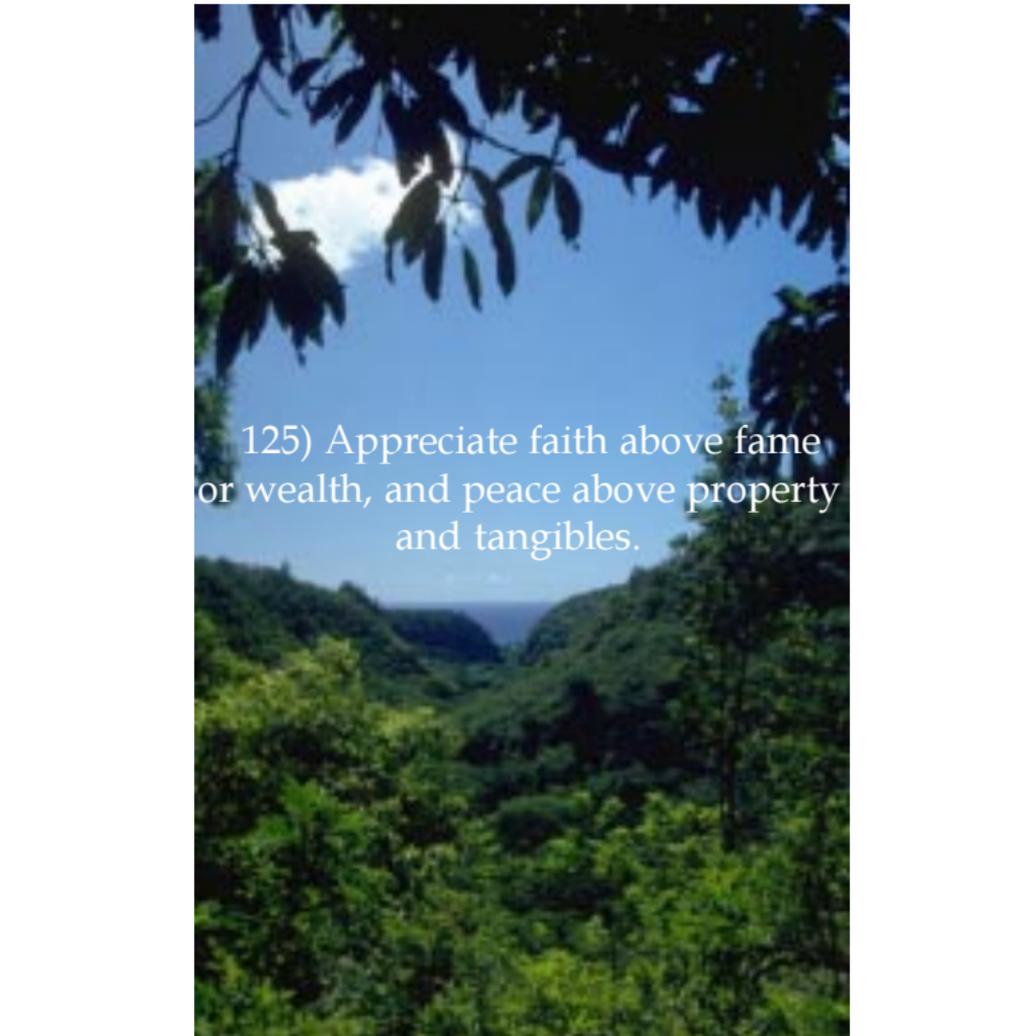
122) Remember that God has given
you the secrets to the kingdom of
heaven because your heart is right
with him. (Matt 13:11)

A photograph of a tropical landscape. In the foreground, there is a green lawn with several young palm trees. In the middle ground, there is a dense line of tropical vegetation, including palm trees and other green plants. In the background, a large, dark green mountain range rises against a sky filled with heavy, grey clouds. The text "123) Tell God you love him. (1 Jn 4:19)" is overlaid in white on the mountain range.

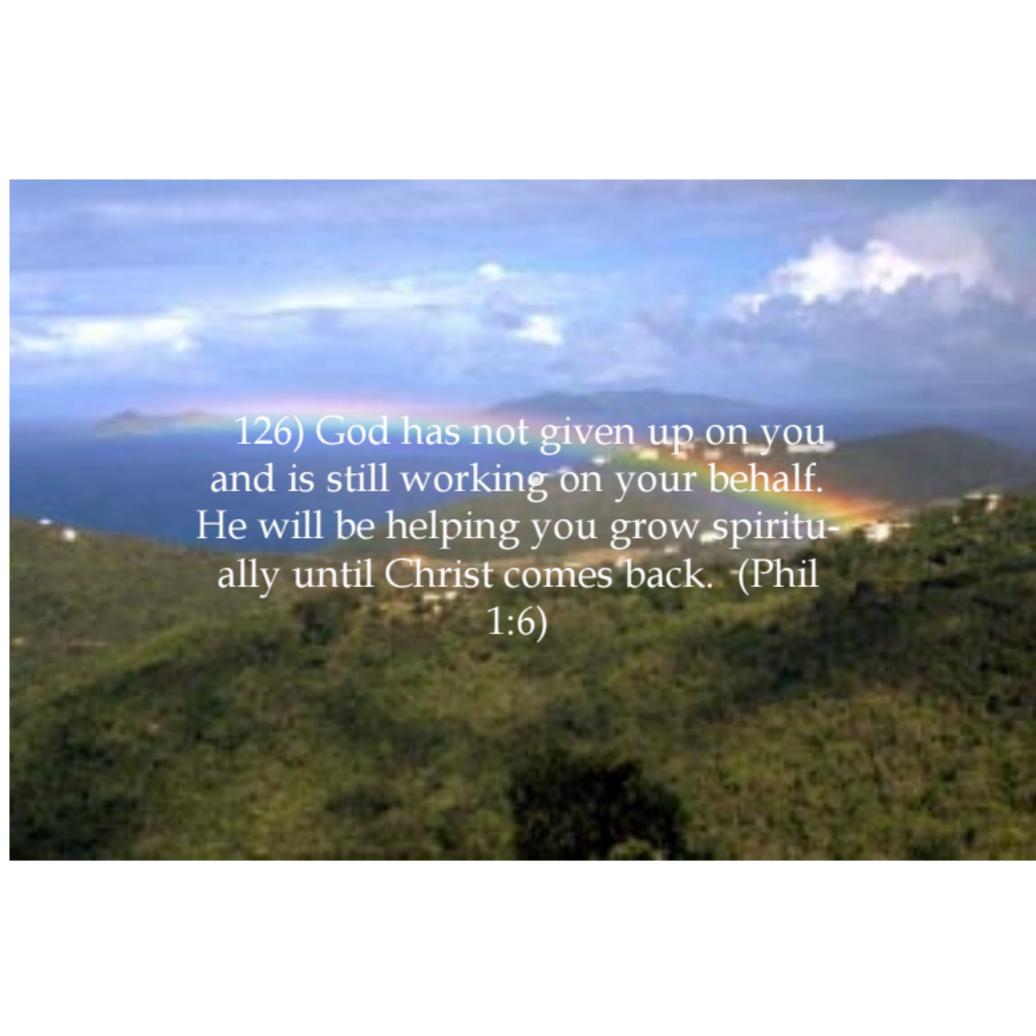
123) Tell God you love him. (1 Jn
4:19)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a blue ocean with white waves and a dark, hilly coastline under a clear blue sky. The text "124) Go to a Christian or gospel music concert or play." is overlaid in the center of the image.

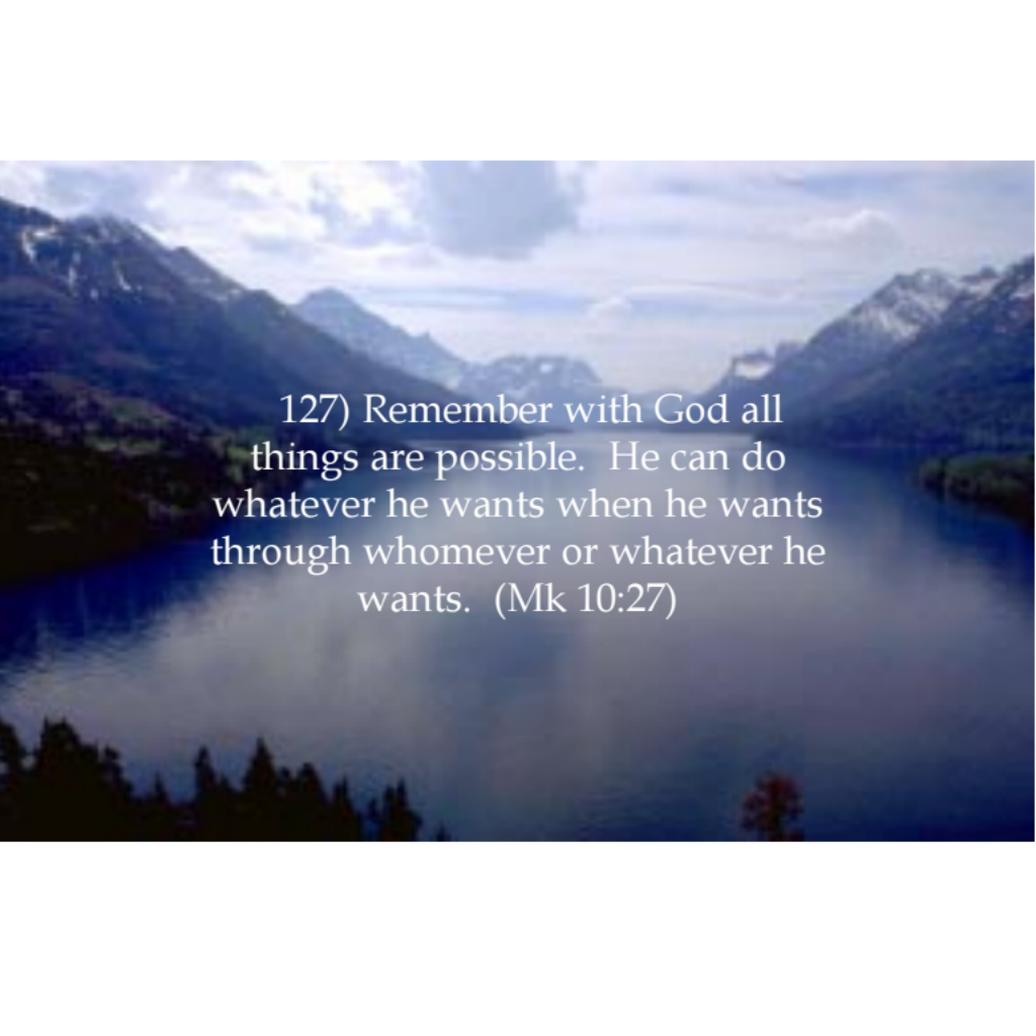
124) Go to a Christian or gospel
music concert or play.



125) Appreciate faith above fame
or wealth, and peace above property
and tangibles.



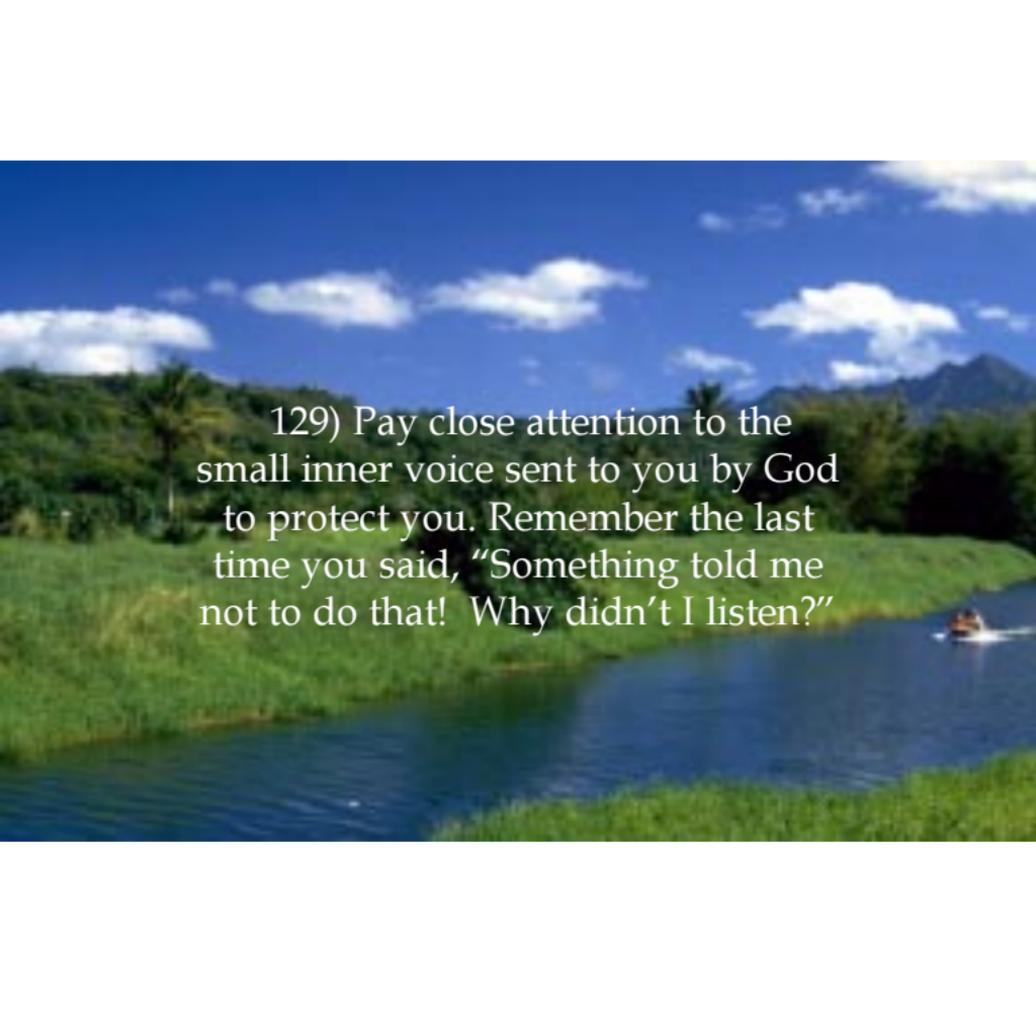
126) God has not given up on you
and is still working on your behalf.
He will be helping you grow spiritu-
ally until Christ comes back. (Phil
1:6)



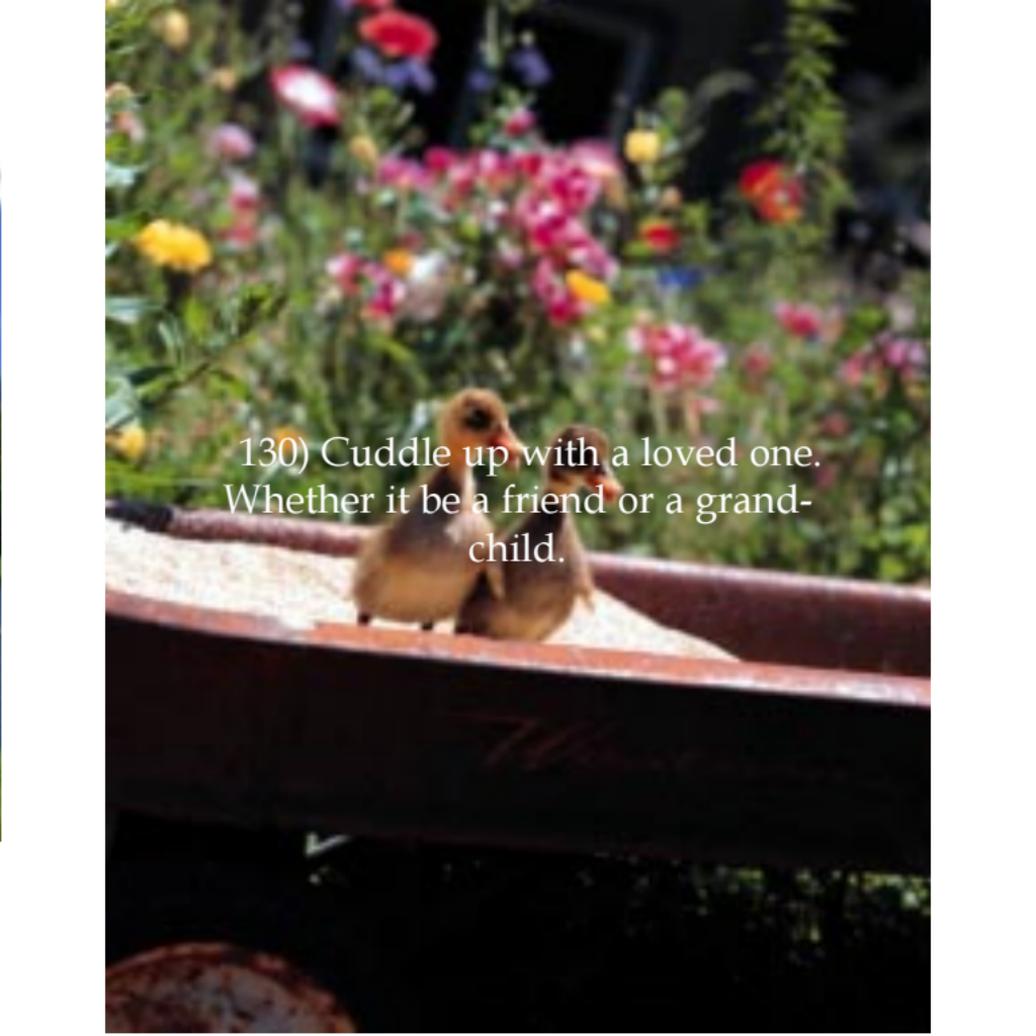
127) Remember with God all things are possible. He can do whatever he wants when he wants through whomever or whatever he wants. (Mk 10:27)

A vertical landscape photograph showing a deep valley between mountains. The sky is bright blue with scattered white clouds. The mountains are covered in green vegetation, with some rocky outcrops visible on the left. In the foreground, there are several thin, bare branches and a cluster of bright pink flowers. The text is overlaid in the center of the image.

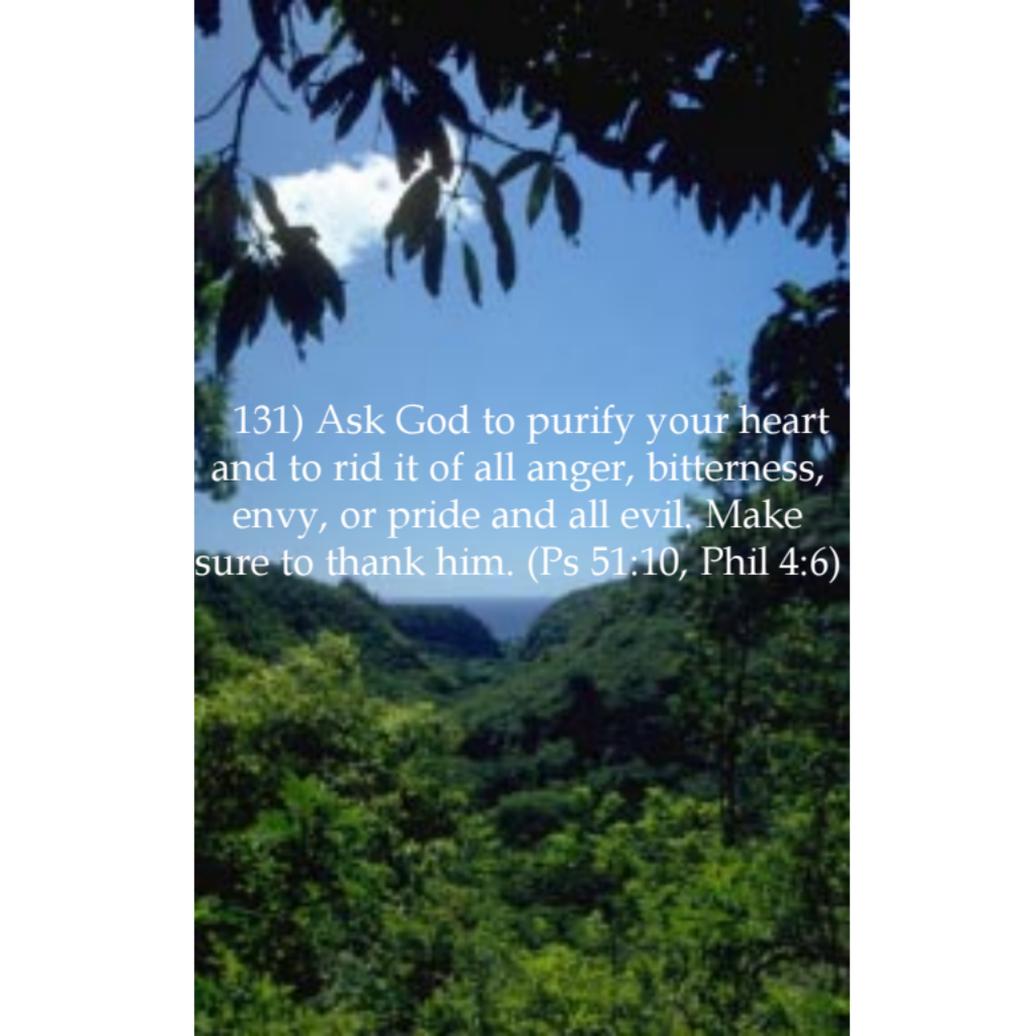
128) Don't forget, Father God will
meet all your needs. (Phil 4:19)

A scenic landscape featuring a river flowing through lush green hills under a bright blue sky with scattered white clouds. In the distance, a small boat is visible on the river. The text is overlaid on the center of the image.

129) Pay close attention to the small inner voice sent to you by God to protect you. Remember the last time you said, "Something told me not to do that! Why didn't I listen?"

A photograph of two small, fluffy ducklings huddling together in a wooden trough. The trough is filled with a light-colored, textured material, possibly straw or wood shavings. The background is a lush garden with various colorful flowers, including red, pink, yellow, and blue blossoms, and green foliage. The lighting is bright, suggesting a sunny day.

130) Cuddle up with a loved one.
Whether it be a friend or a grand-
child.



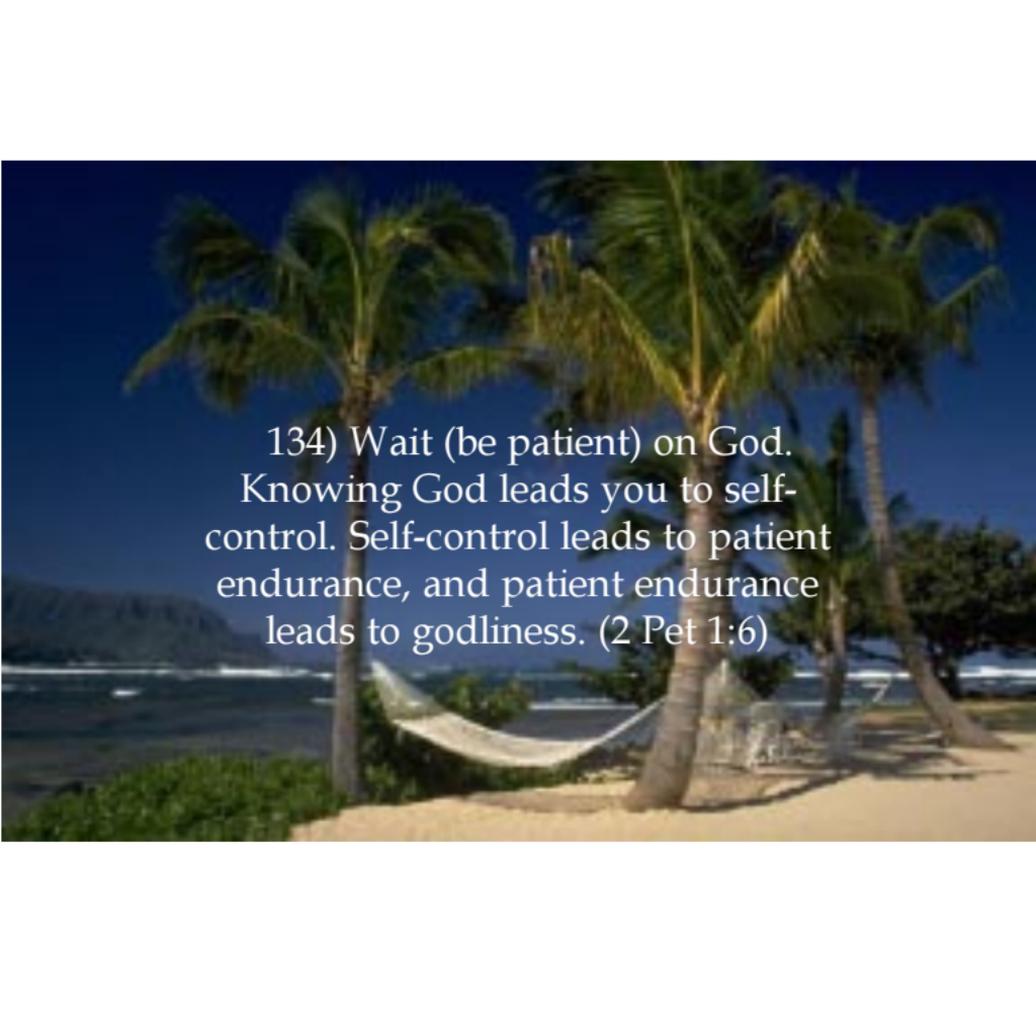
131) Ask God to purify your heart
and to rid it of all anger, bitterness,
envy, or pride and all evil. Make
sure to thank him. (Ps 51:10, Phil 4:6)

A tropical beach scene with several palm trees in the foreground on a green lawn. The ocean is a vibrant blue-green color, and the sky is a clear blue with a few white clouds. In the distance, a low-lying island or coastline is visible.

132) Play a sport with your child, a young niece or nephew, or the child of a friend.

A tropical landscape featuring a lush green foreground with several palm trees. In the background, a dark, forested mountain range rises under a sky filled with heavy, grey clouds. The overall atmosphere is dramatic and somewhat somber.

133) Be excited about and get ready
for Jesus' return. (1 Pet. 1:13)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a clear blue sky. The text is overlaid in the center of the image.

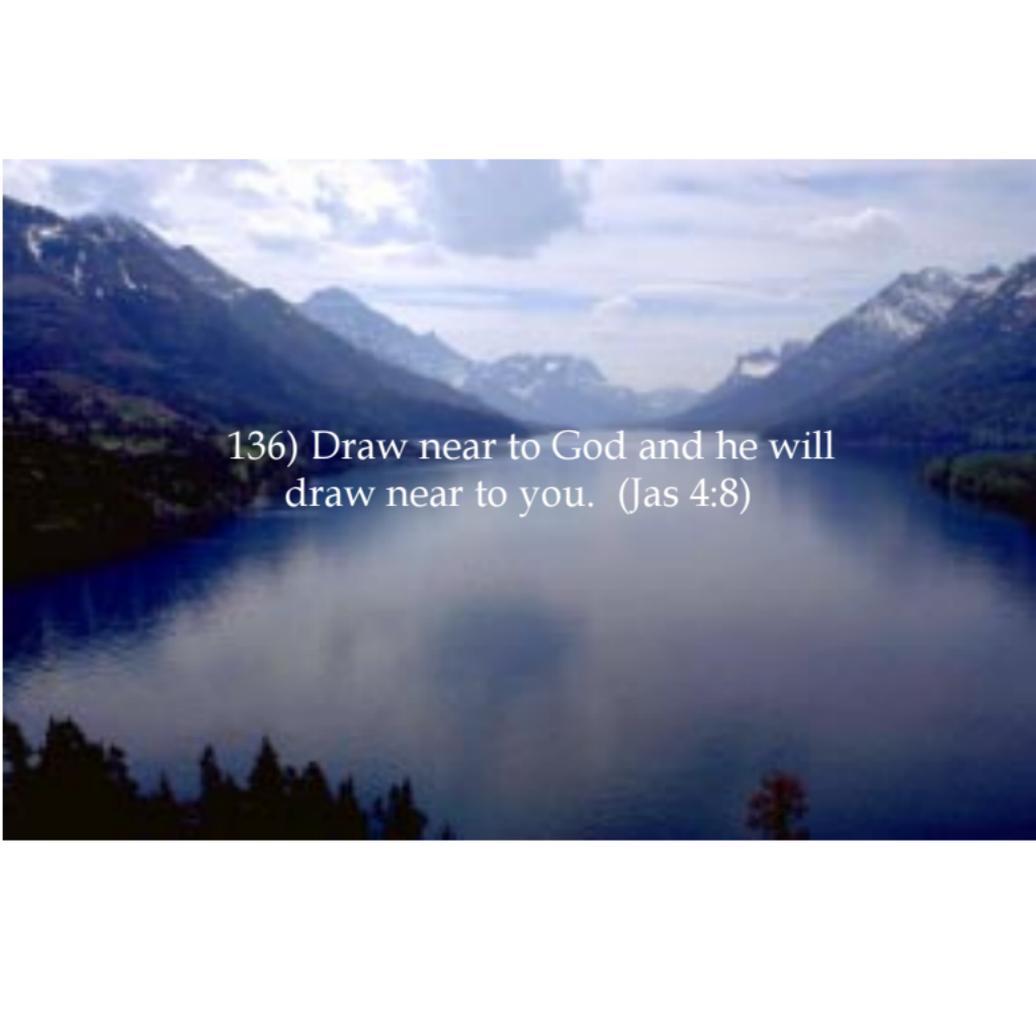
134) Wait (be patient) on God.
Knowing God leads you to self-
control. Self-control leads to patient
endurance, and patient endurance
leads to godliness. (2 Pet 1:6)



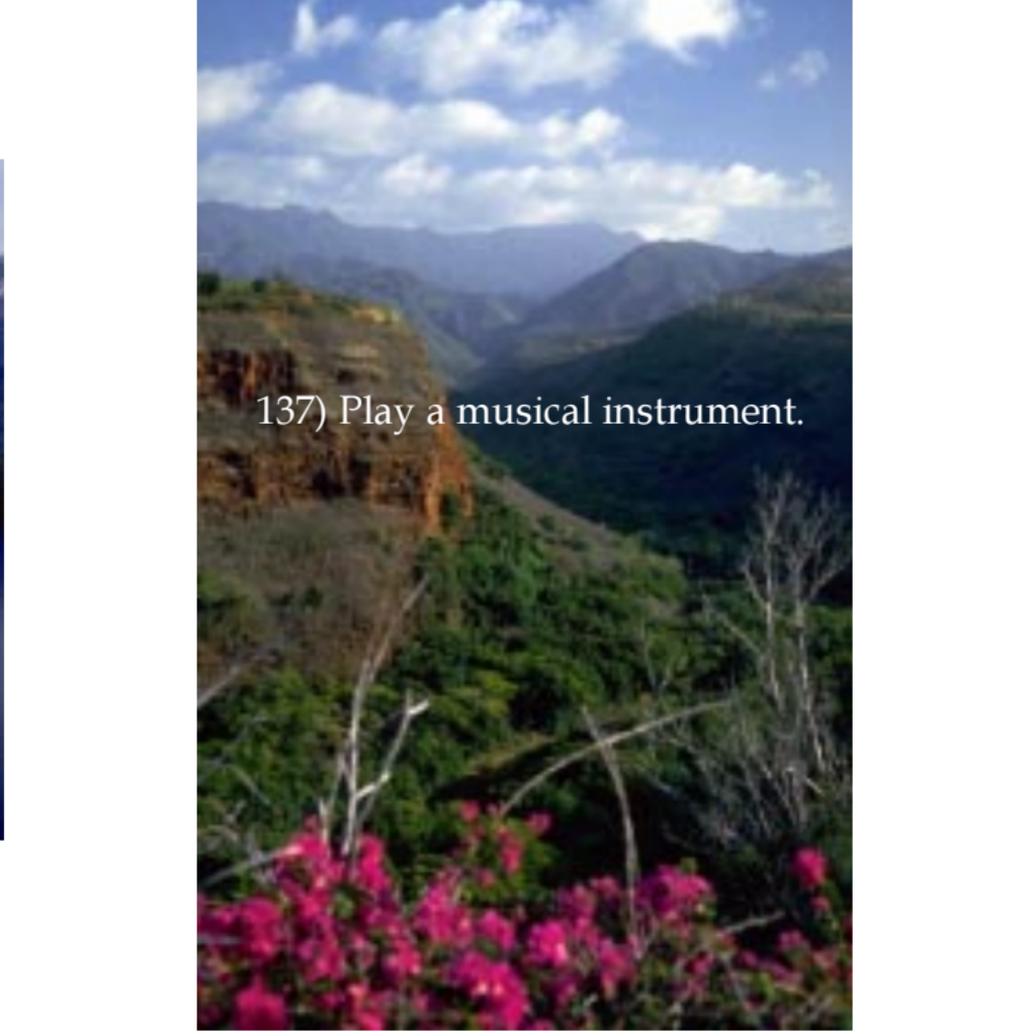
135) God has your best interest at
heart and will bring it to fruition.
(Jer 29:11)



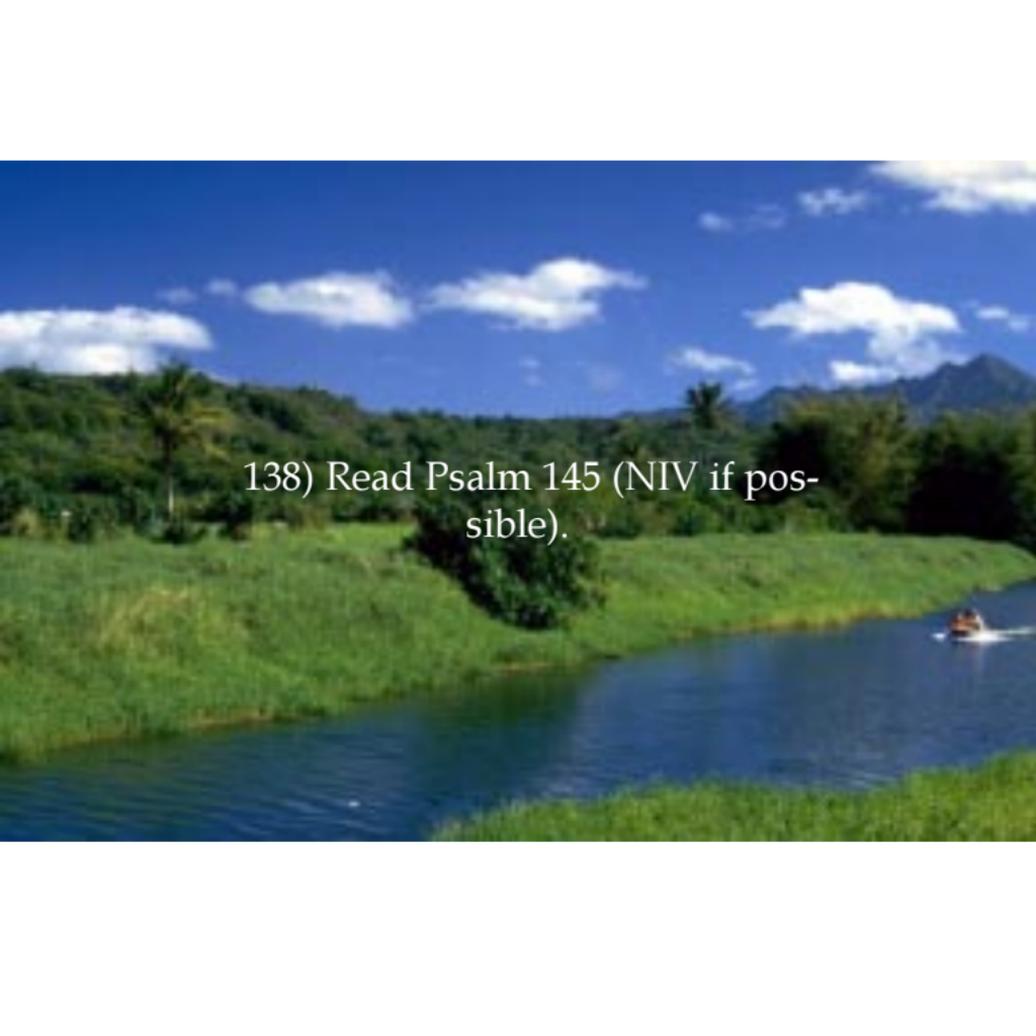
136) When was the last time you
looked through your photo album?
Do it today.

A scenic landscape photograph of a mountain valley. In the foreground, a calm lake reflects the sky and the surrounding mountains. A river flows through the valley, winding between the mountains. The mountains are rugged and have patches of snow. The sky is filled with soft, white clouds. The overall atmosphere is peaceful and majestic.

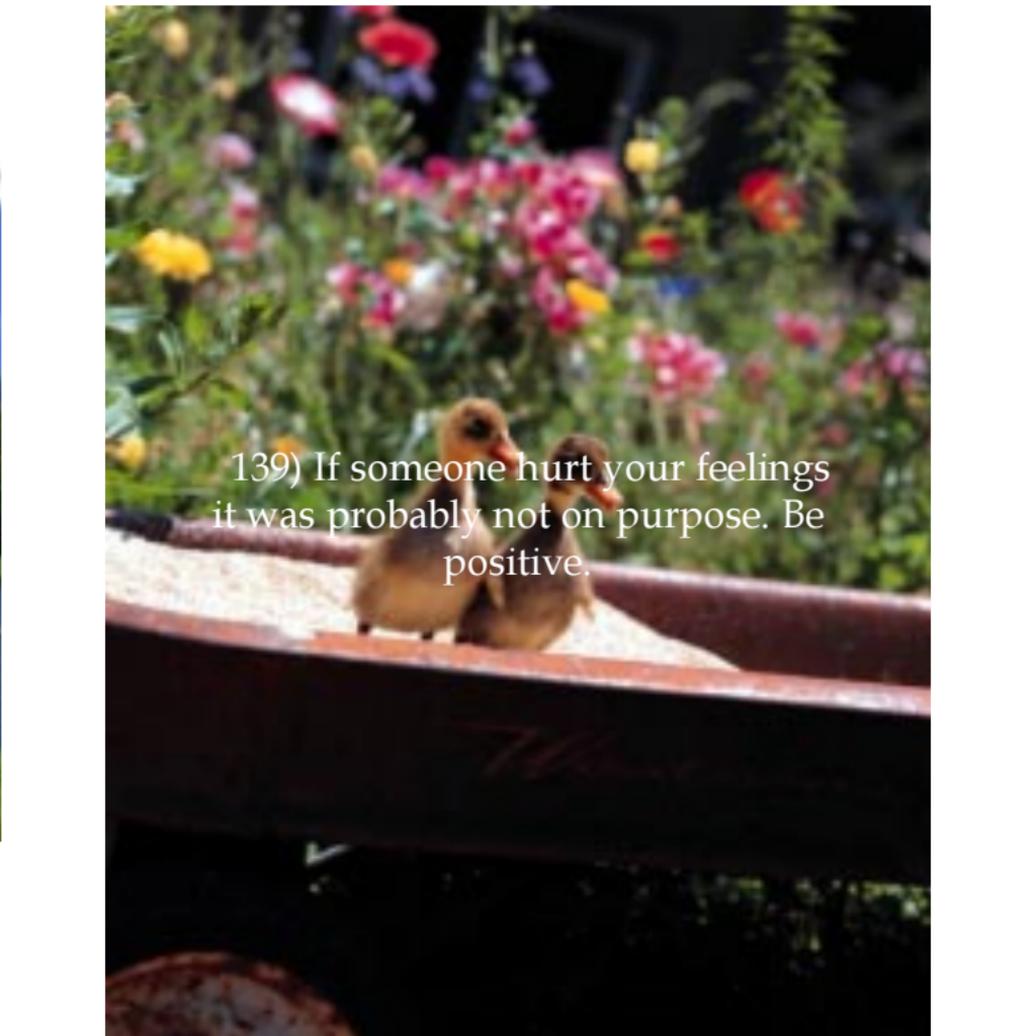
136) Draw near to God and he will
draw near to you. (Jas 4:8)

A scenic landscape photograph showing a deep valley between mountains. The sky is blue with scattered white clouds. The mountains are covered in green vegetation, with some rocky outcrops visible on the left. In the foreground, there are several bare, grey branches and a cluster of bright pink flowers. The text "137) Play a musical instrument." is overlaid in the center of the image.

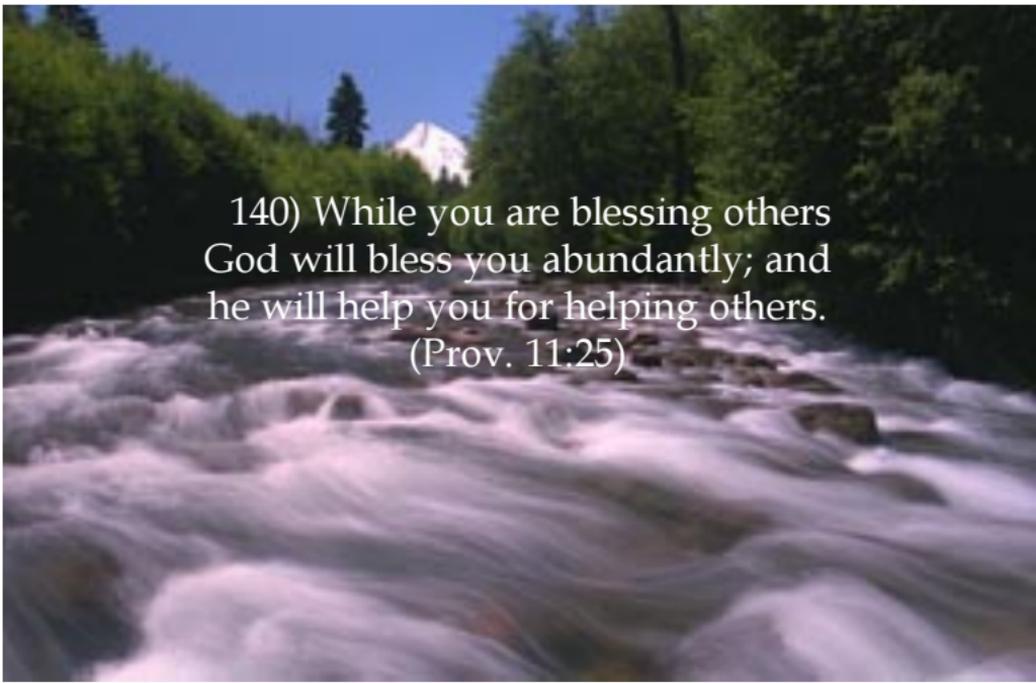
137) Play a musical instrument.

A scenic landscape featuring a winding river in the foreground, lush green grassy banks, and dense tropical forest on the hills. In the distance, mountains are visible under a bright blue sky with scattered white clouds. A small boat with people is on the river to the right.

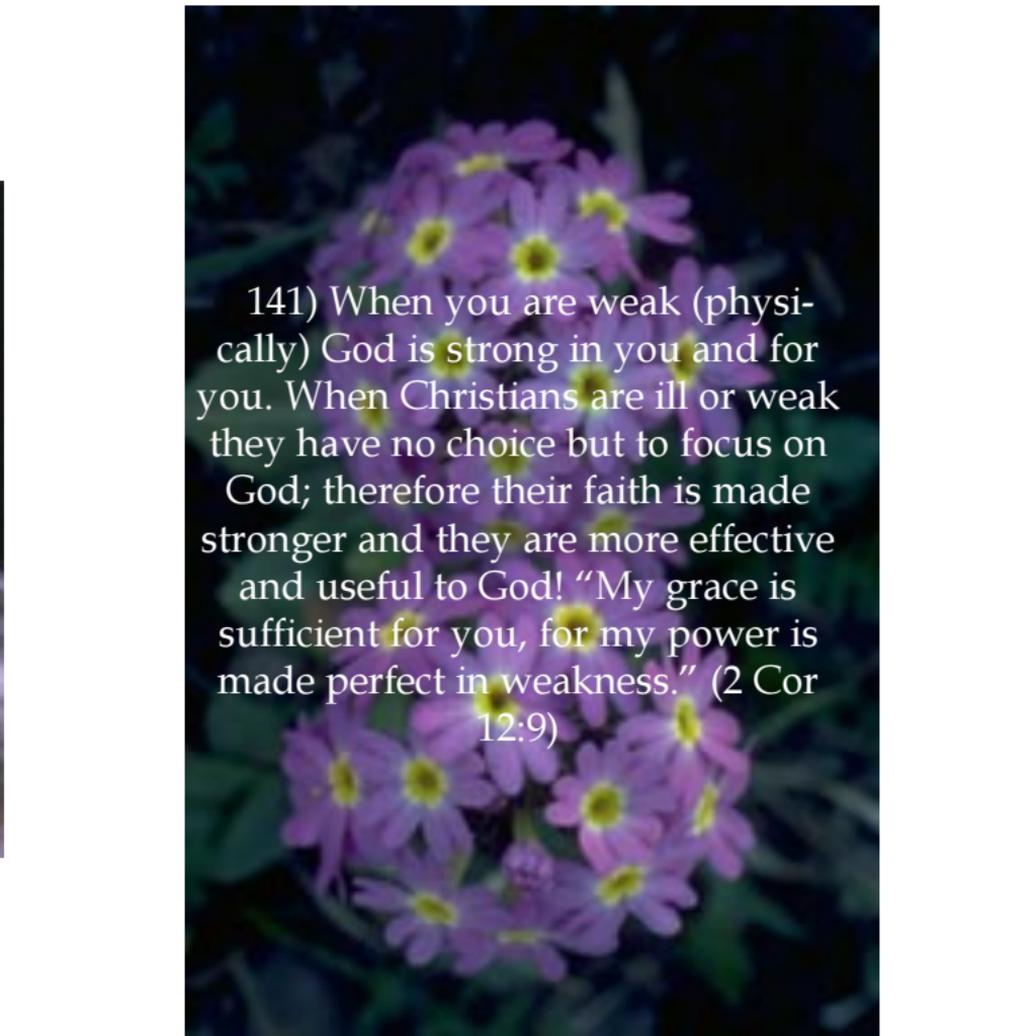
138) Read Psalm 145 (NIV if possible).

A photograph of two small, fluffy ducklings sitting on the edge of a dark brown planter box. The planter box is filled with light-colored soil. In the background, there is a lush garden of colorful flowers, including red, pink, yellow, and blue blooms, with green foliage. The scene is brightly lit, suggesting a sunny day.

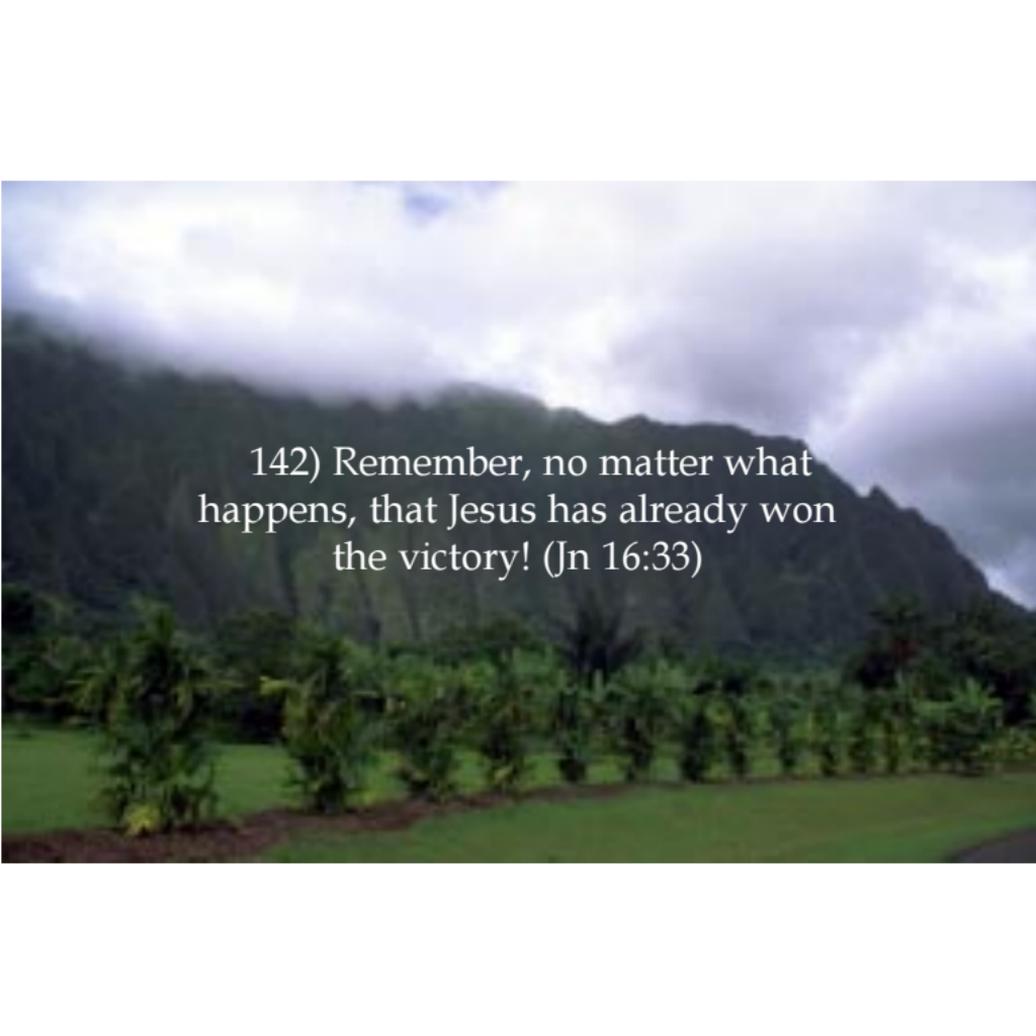
139) If someone hurt your feelings
it was probably not on purpose. Be
positive.

A scenic view of a river flowing through a forest. The water is turbulent and white with foam as it flows over rocks. The forest is dense with green trees. In the background, a snow-capped mountain peak is visible under a clear blue sky.

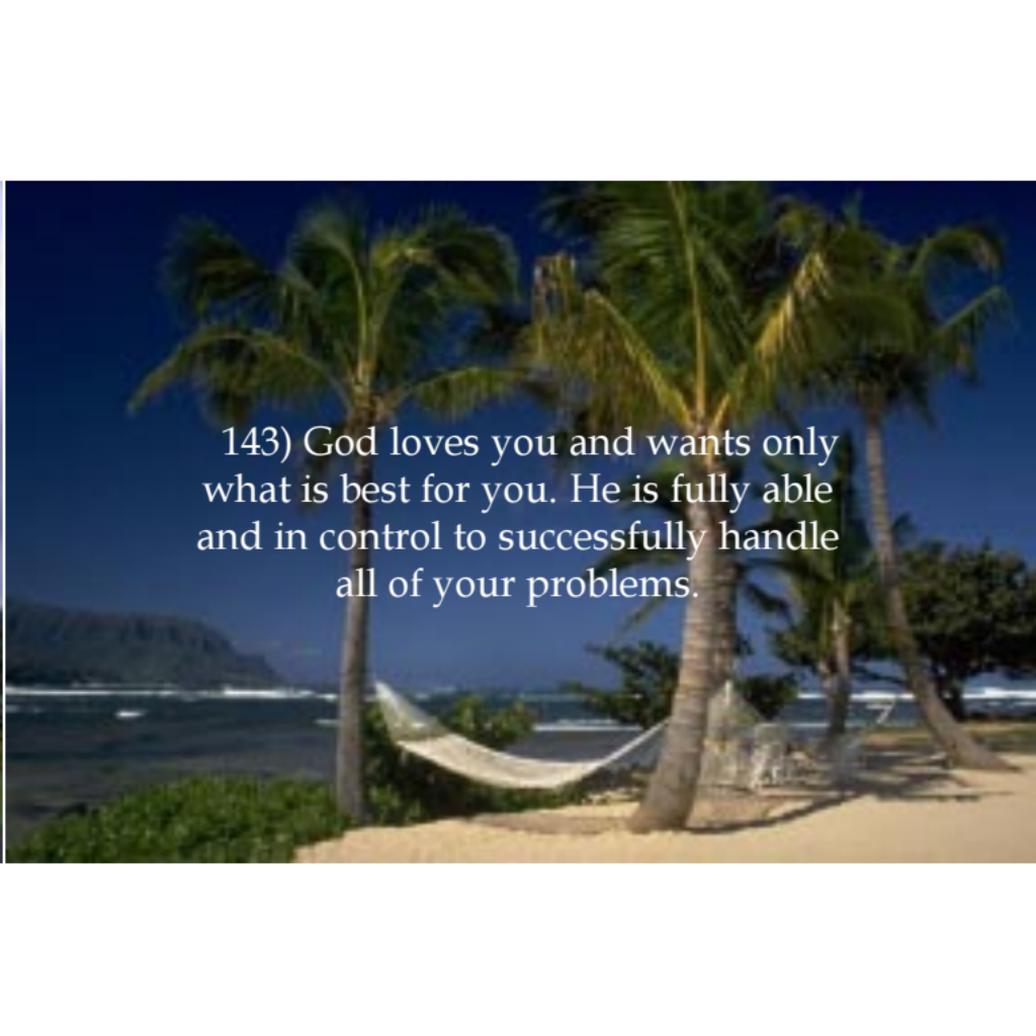
140) While you are blessing others
God will bless you abundantly; and
he will help you for helping others.
(Prov. 11:25)

A background image of a cluster of purple flowers with yellow centers, set against a dark, blurred background. The text is overlaid on this image.

141) When you are weak (physically) God is strong in you and for you. When Christians are ill or weak they have no choice but to focus on God; therefore their faith is made stronger and they are more effective and useful to God! "My grace is sufficient for you, for my power is made perfect in weakness." (2 Cor 12:9)

A tropical landscape featuring a lush green foreground with various plants and trees. In the background, a range of dark, forested mountains rises against a sky filled with heavy, grey clouds. The overall scene is somewhat somber due to the overcast weather.

142) Remember, no matter what happens, that Jesus has already won the victory! (Jn 16:33)

A tropical beach scene featuring several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a dark, forested hillside under a clear blue sky. The text is overlaid in the center of the image.

143) God loves you and wants only what is best for you. He is fully able and in control to successfully handle all of your problems.

A vertical photograph of a sailboat on the ocean. The sailboat is white with a single mast and is positioned in the middle ground. The ocean is a deep blue with small waves. In the background, there is a coastal town with several buildings and a large, rounded hill or mountain. The sky is bright blue with scattered white clouds. The text "144) Take a few deep breaths." is overlaid in the center of the image.

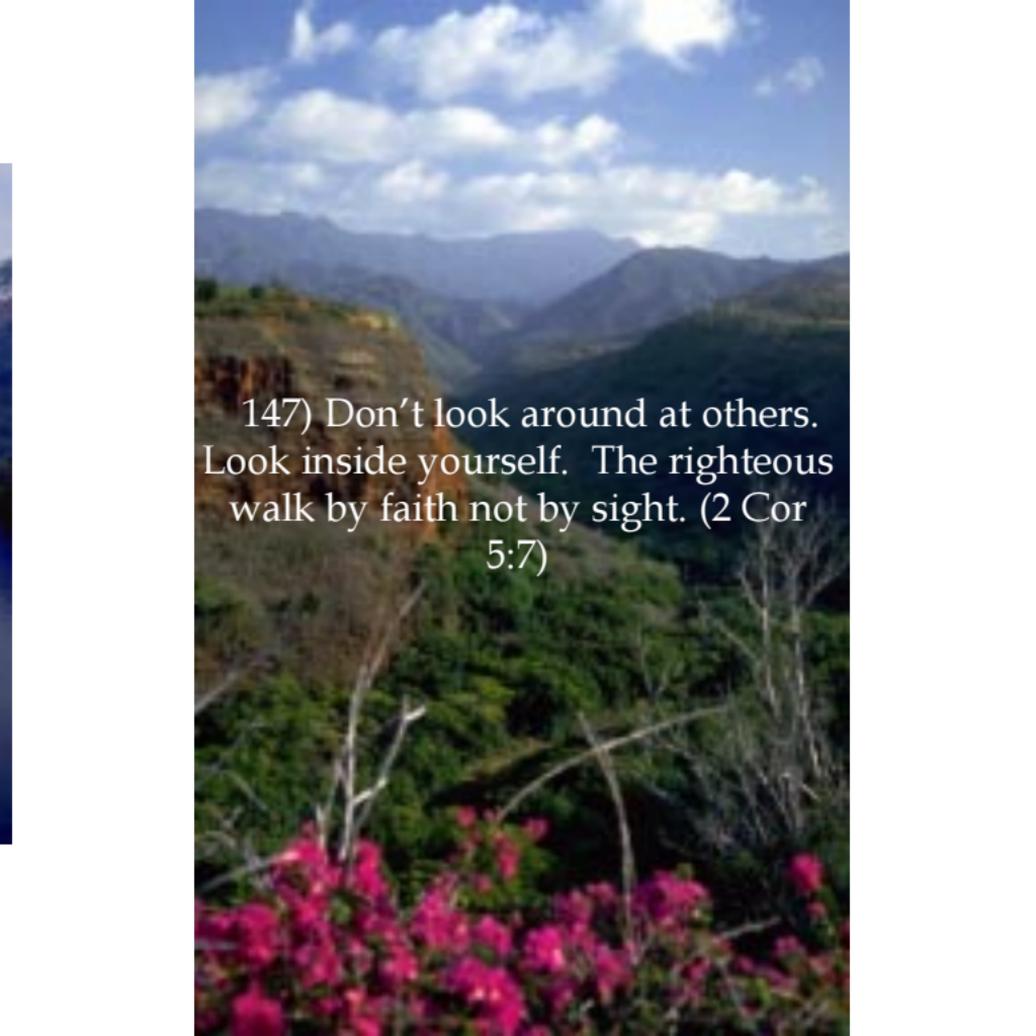
144) Take a few deep breaths.



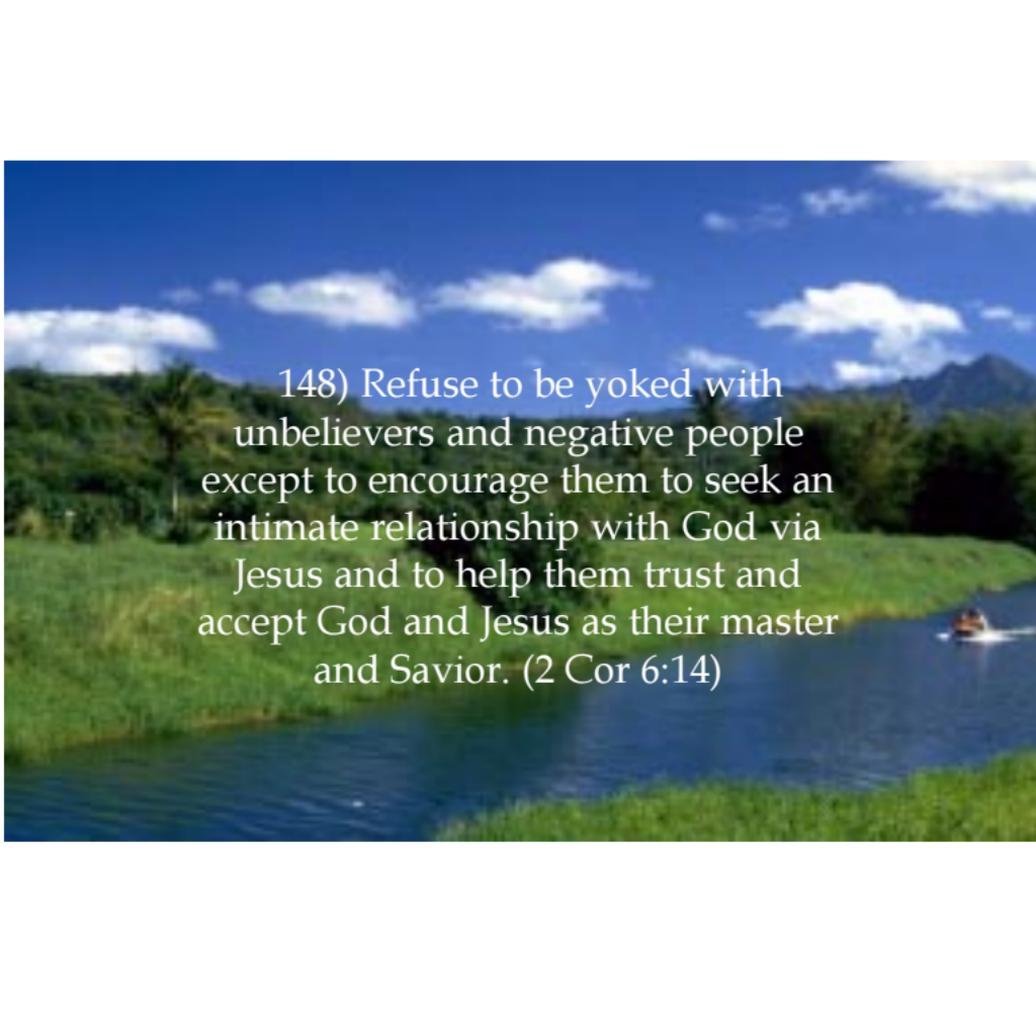
145) Exercise. Try something new
like Yoga or Pilates.



146) Because you believe and have
faith in God and his promises,
refuse to let your heart be troubled.
(Jn 14:1)

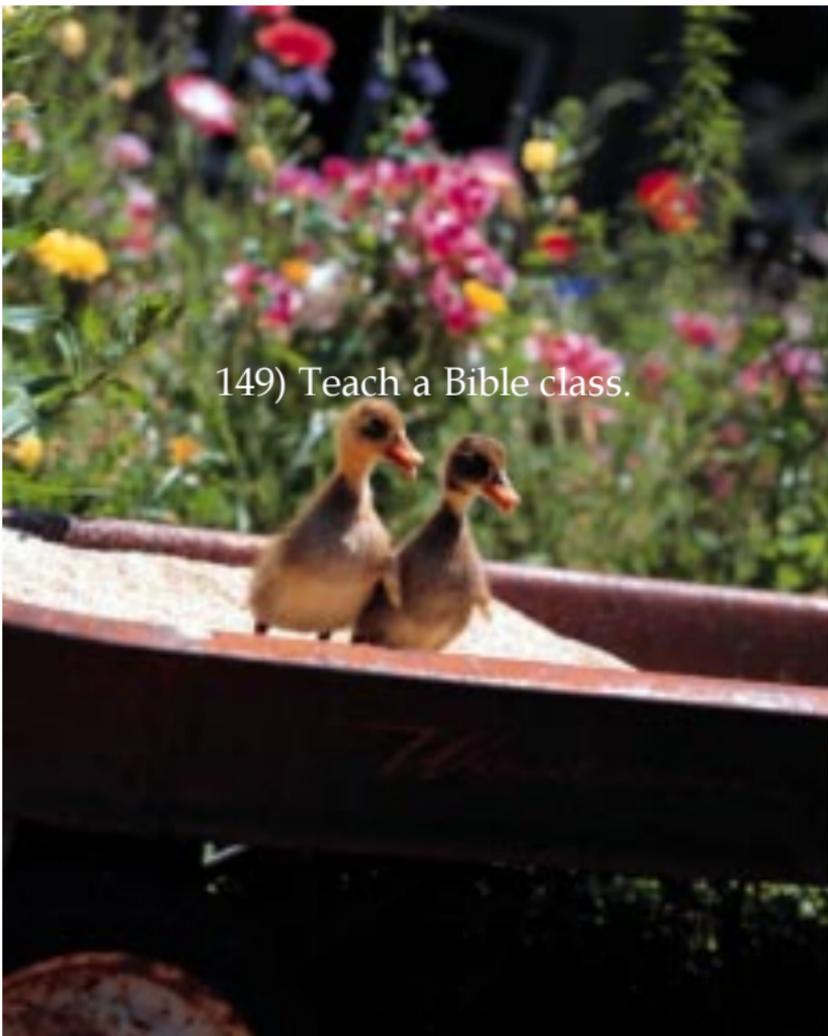


147) Don't look around at others.
Look inside yourself. The righteous
walk by faith not by sight. (2 Cor
5:7)

A scenic landscape featuring a bright blue sky with scattered white clouds. Below the sky, there are lush green hills and a body of water. A small boat is visible on the water in the lower right corner. The text is overlaid on the center of the image.

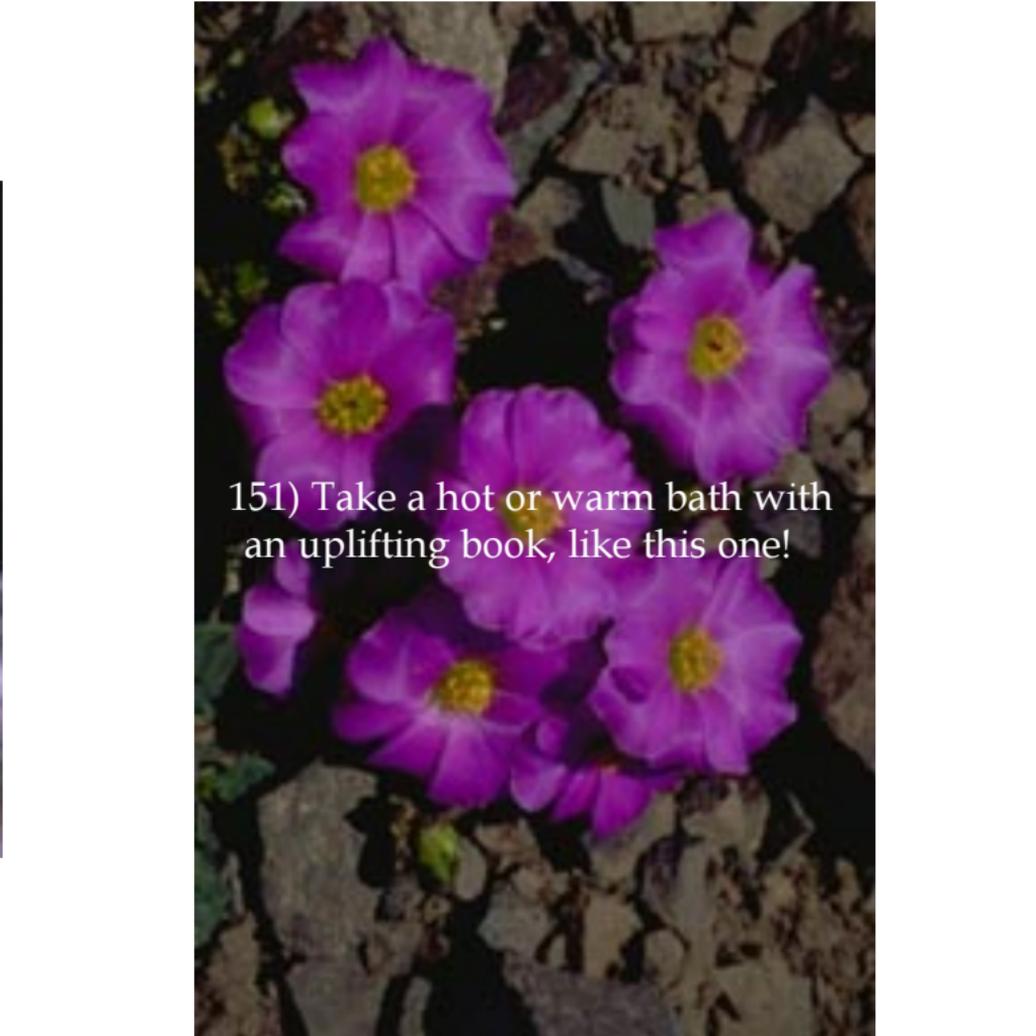
148) Refuse to be yoked with unbelievers and negative people except to encourage them to seek an intimate relationship with God via Jesus and to help them trust and accept God and Jesus as their master and Savior. (2 Cor 6:14)

149) Teach a Bible class.

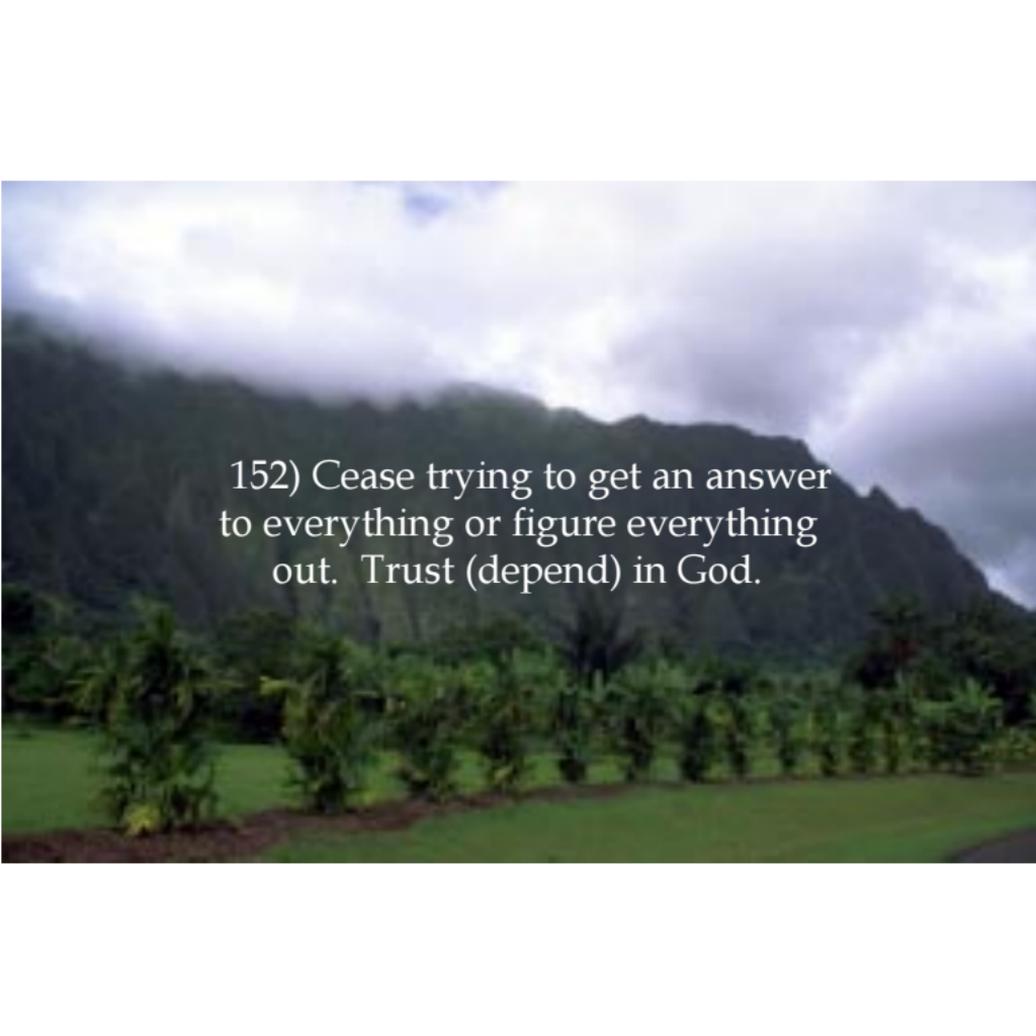




150) Ask God to comfort you and
renew your spirit. (Ps 94:19)

A cluster of vibrant purple flowers with yellow centers, growing on a dark, textured surface. The flowers are in various stages of bloom, with some fully open and others as buds. The background is dark and appears to be a rough, rocky or bark-like surface.

151) Take a hot or warm bath with
an uplifting book, like this one!

A tropical landscape featuring a lush green foreground with various plants and trees. In the background, a dark, forested mountain range rises against a sky filled with heavy, grey clouds. The overall scene is somewhat somber due to the overcast weather.

152) Cease trying to get an answer
to everything or figure everything
out. Trust (depend) in God.

A tropical beach scene featuring several palm trees and a hammock strung between two of them. The background shows a clear blue sky, a sandy beach, and the ocean with waves. The text "153) Forget the past." is overlaid in the center of the image.

153) Forget the past.

A photograph of a sailboat on the ocean with a coastal town and hills in the background under a blue sky with clouds.

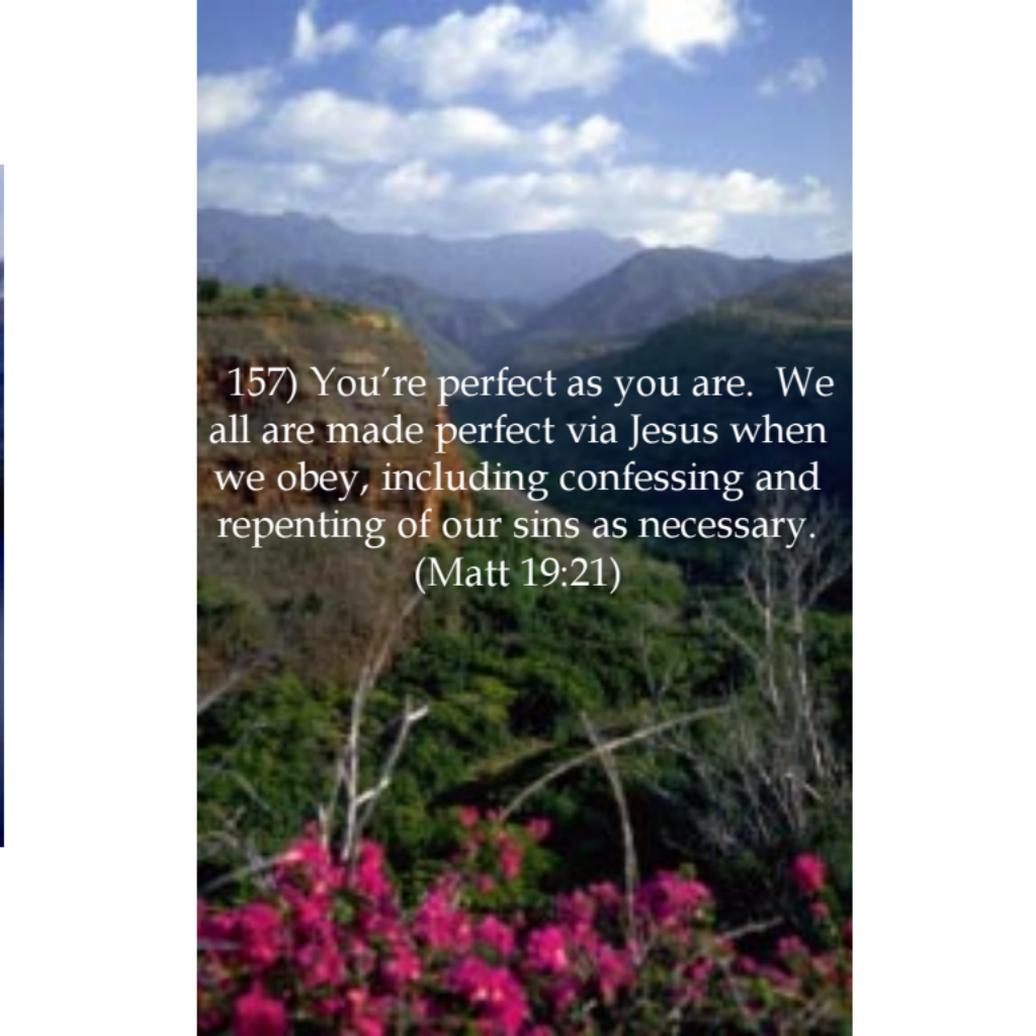
154) Let go and let God!



155) Even if others give up on you
God won't.

A scenic landscape photograph of a wide river flowing through a valley between snow-capped mountains under a cloudy sky. The river is the central focus, reflecting the sky and the surrounding greenery. The mountains are rugged and partially covered in snow, creating a sense of depth and grandeur. The sky is filled with soft, white clouds, adding to the serene atmosphere of the scene.

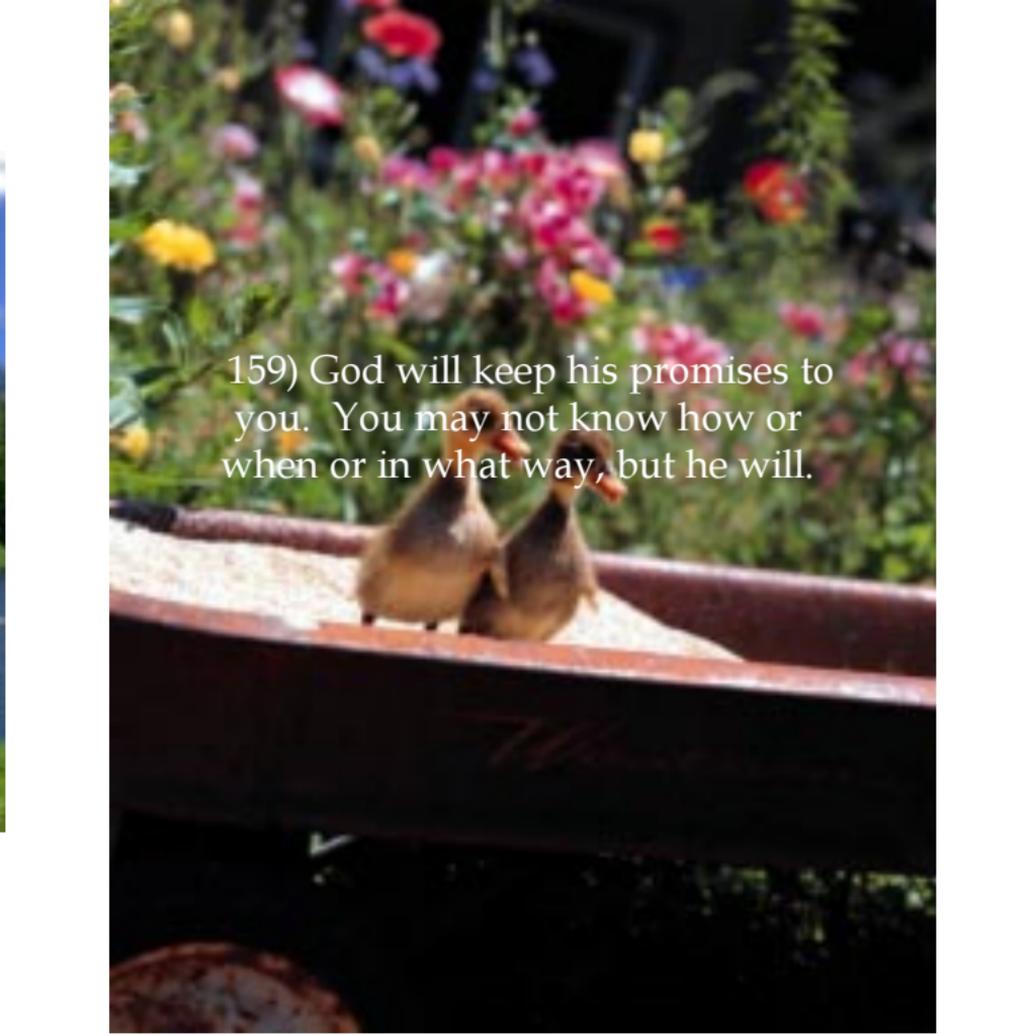
156) Refuse self-pity. We all face sorrows and misfortune. (Eccl 7:14)

A scenic landscape photograph showing a valley with mountains in the distance under a blue sky with white clouds. In the foreground, there are green bushes and bright pink flowers. The text is overlaid on the middle of the image.

157) You're perfect as you are. We all are made perfect via Jesus when we obey, including confessing and repenting of our sins as necessary.
(Matt 19:21)



158) God is so good he even turns
our bad into good. (Rom 8:28)

A photograph of two small, brown ducklings standing in a dark, reddish-brown metal trough. The trough is filled with a light-colored, granular substance, likely feed. The background is a lush garden with various colorful flowers, including red, pink, yellow, and blue blooms, set against green foliage. The lighting is bright, suggesting a sunny day.

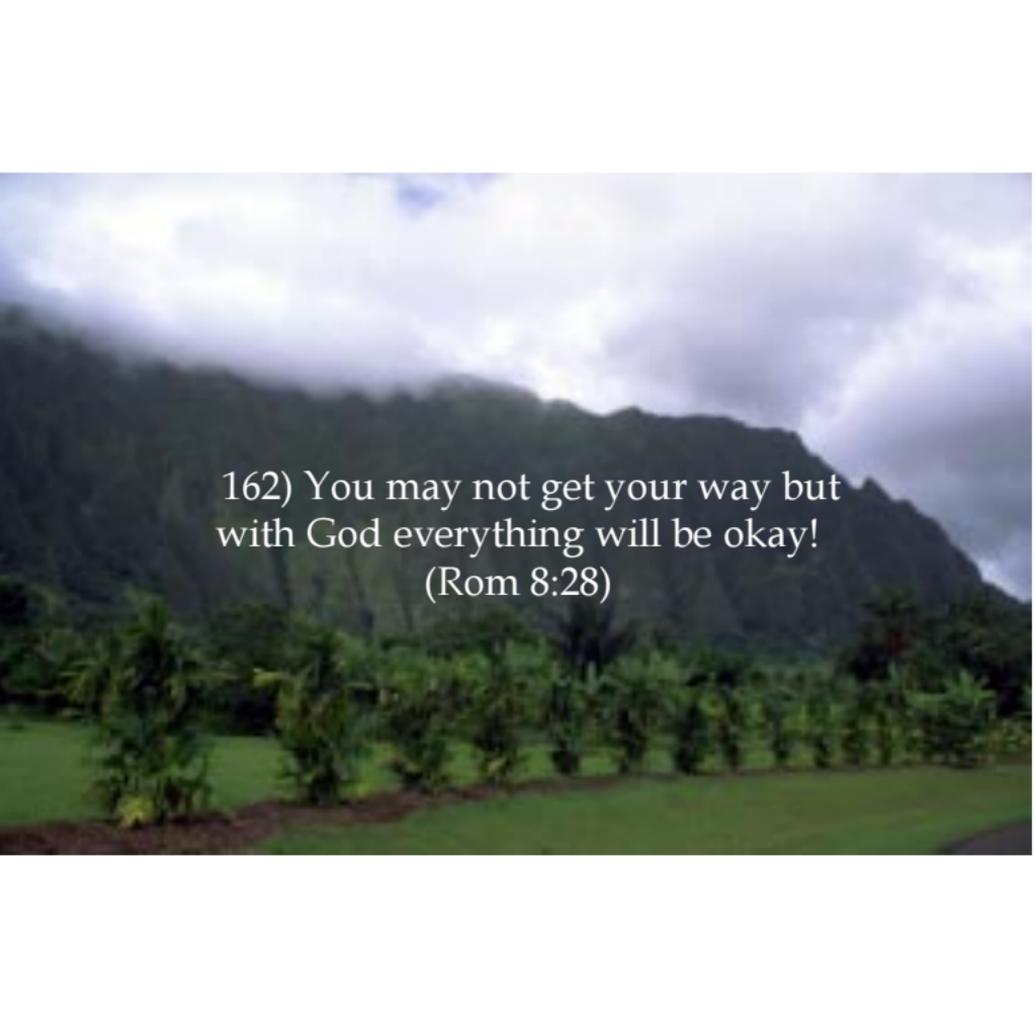
159) God will keep his promises to you. You may not know how or when or in what way, but he will.

A close-up photograph of a yellow and purple iris flower. The flower has six petals, with the upper three being yellow and the lower three being purple. The petals are slightly ruffled and have a soft, velvety texture. The background is a blurred green, suggesting foliage. The text "160) Seek God wholeheartedly. (Jer 29:13)" is overlaid in white, serif font on the left side of the flower.

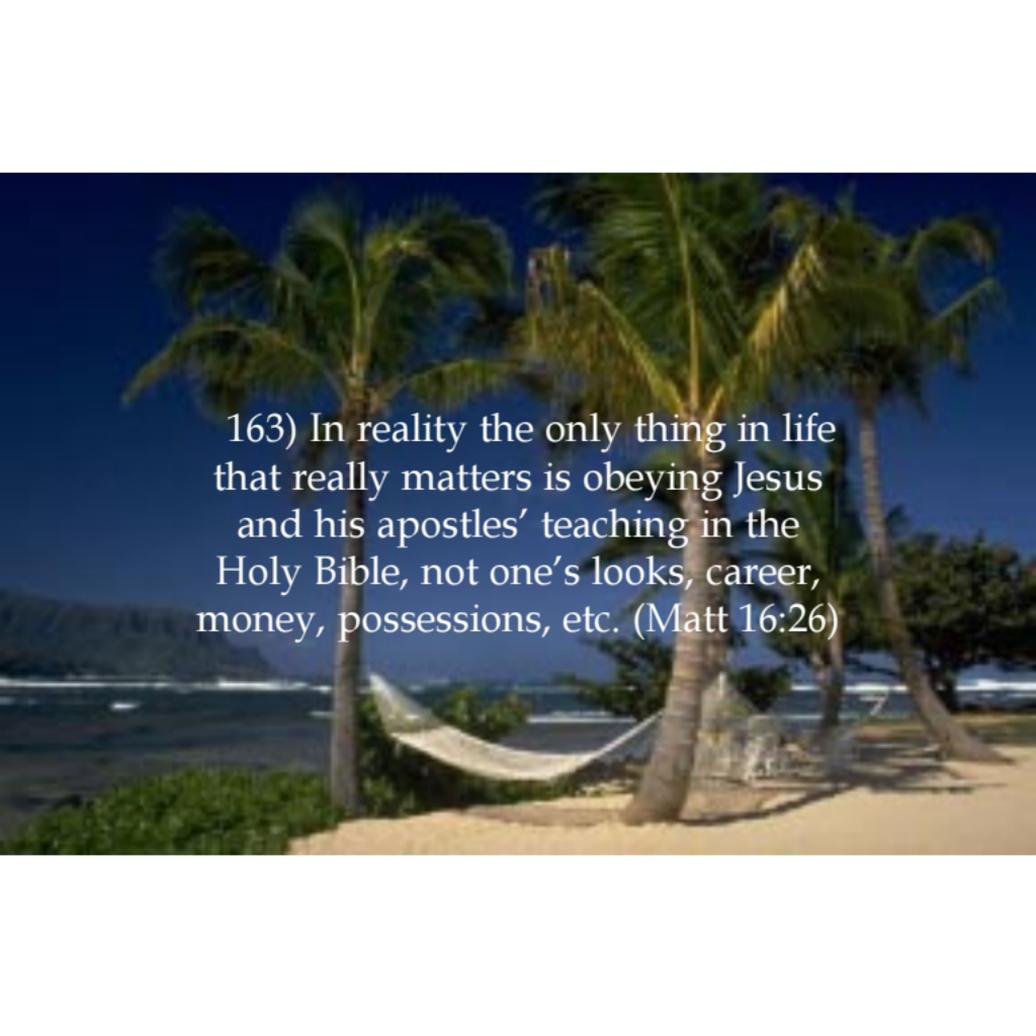
160) Seek God wholeheartedly.
(Jer 29:13)

A photograph of several purple daisy-like flowers with bright yellow centers, growing from a dark, textured rock surface. The flowers are arranged in a loose cluster, and the background is a blurred, dark grey rock.

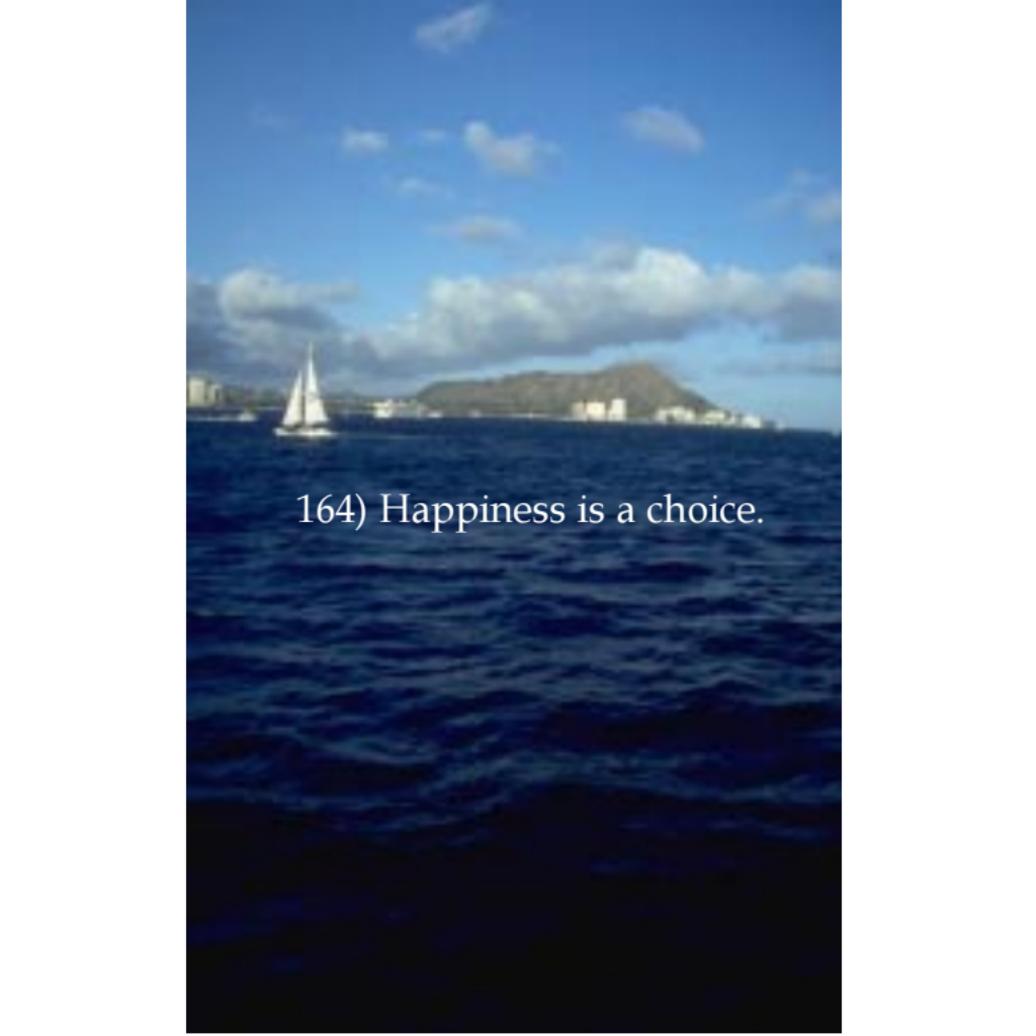
161) God has a successful plan for
your life! (Jer 29:11)



162) You may not get your way but
with God everything will be okay!
(Rom 8:28)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a clear blue sky. The text is overlaid on the left side of the image.

163) In reality the only thing in life that really matters is obeying Jesus and his apostles' teaching in the Holy Bible, not one's looks, career, money, possessions, etc. (Matt 16:26)



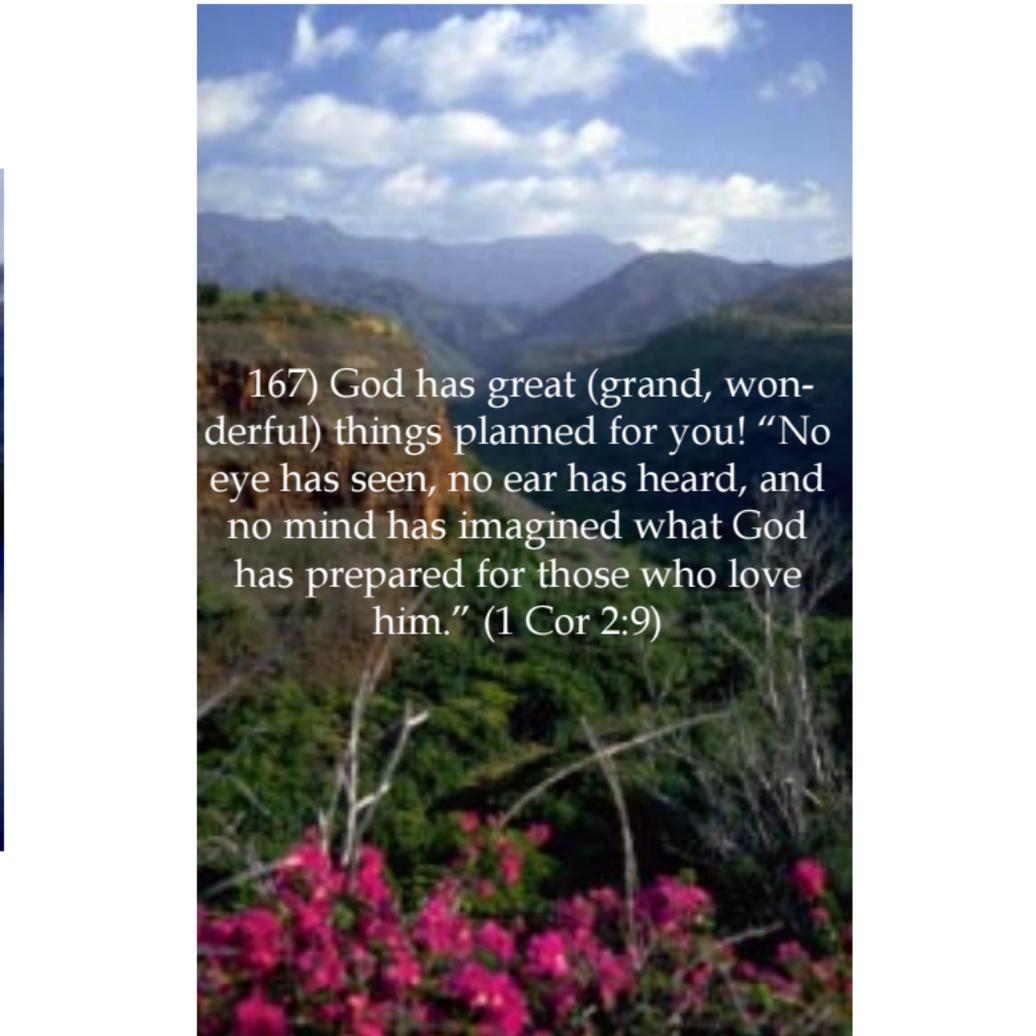
164) Happiness is a choice.

A scenic landscape photograph showing a coastal town at dusk. The foreground is filled with dense green foliage. In the middle ground, a town with several lit-up buildings is visible on a hillside. The ocean stretches to the horizon, where a vibrant rainbow is visible. The sky is a mix of blue and purple hues, with scattered white clouds. The overall mood is peaceful and inspiring.

165) There is always a reward for
right choices.

A scenic landscape photograph of a river valley. The river flows through the center, reflecting the sky and surrounding mountains. The mountains are rugged and partially covered in snow, with some greenery on the lower slopes. The sky is filled with soft, white clouds. The overall tone is serene and majestic.

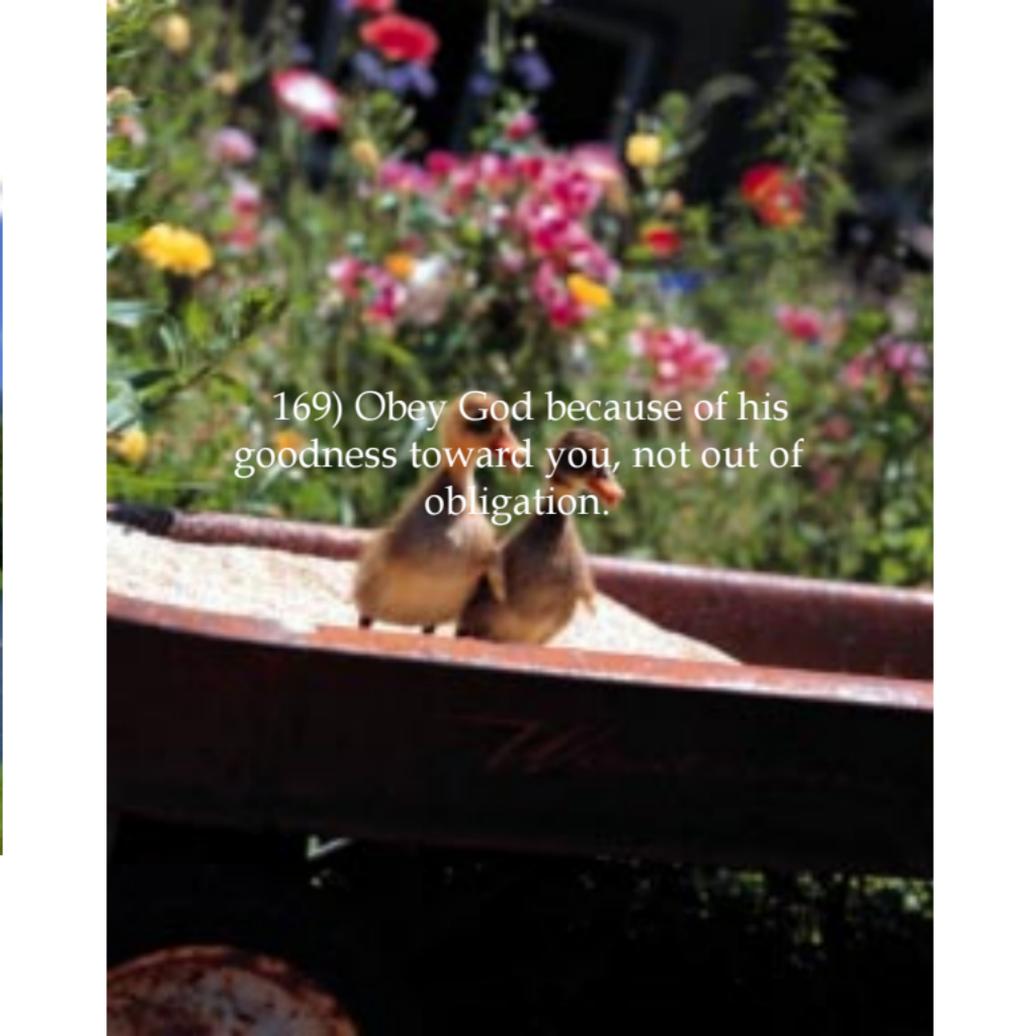
166) "The name of the Lord is a strong tower; the righteous run to it and are safe." (Prov 18:10)

A scenic landscape photograph featuring a valley with rolling hills and mountains in the distance under a blue sky with white clouds. In the foreground, there are green bushes and a cluster of bright pink flowers.

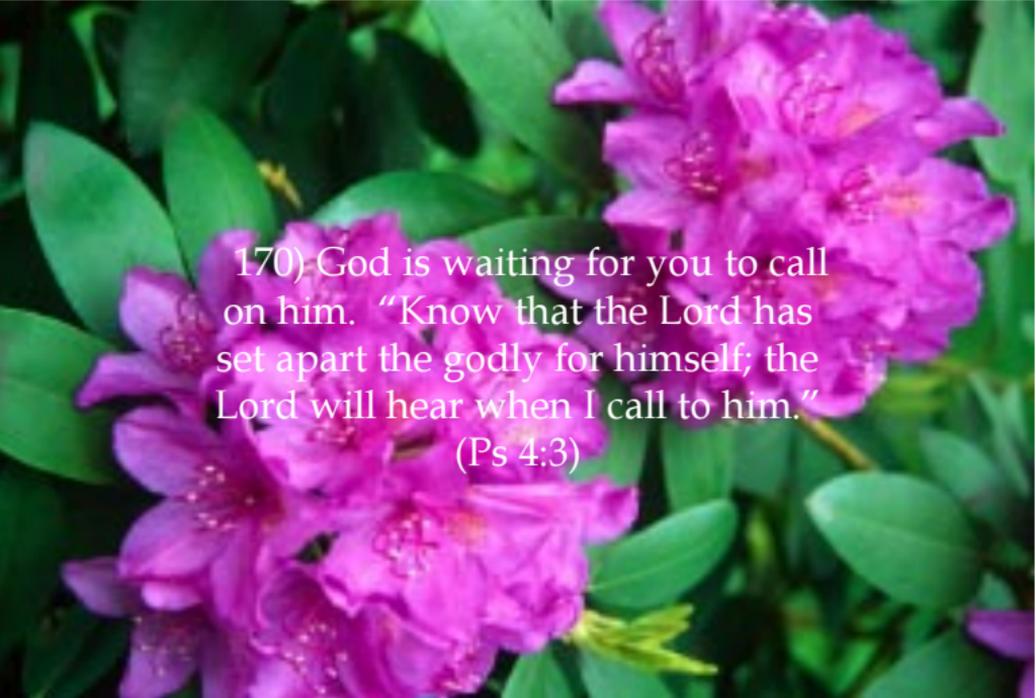
167) God has great (grand, wonderful) things planned for you! “No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” (1 Cor 2:9)



168) You (your spirit) are going to
live forever! (1 Jn 2:17)

A photograph of two small, brown ducklings sitting on a wooden nest. The nest is filled with light-colored straw or hay. In the background, there are various colorful flowers, including red, pink, yellow, and blue ones, set against a dark green backdrop. The lighting is bright, suggesting a sunny day.

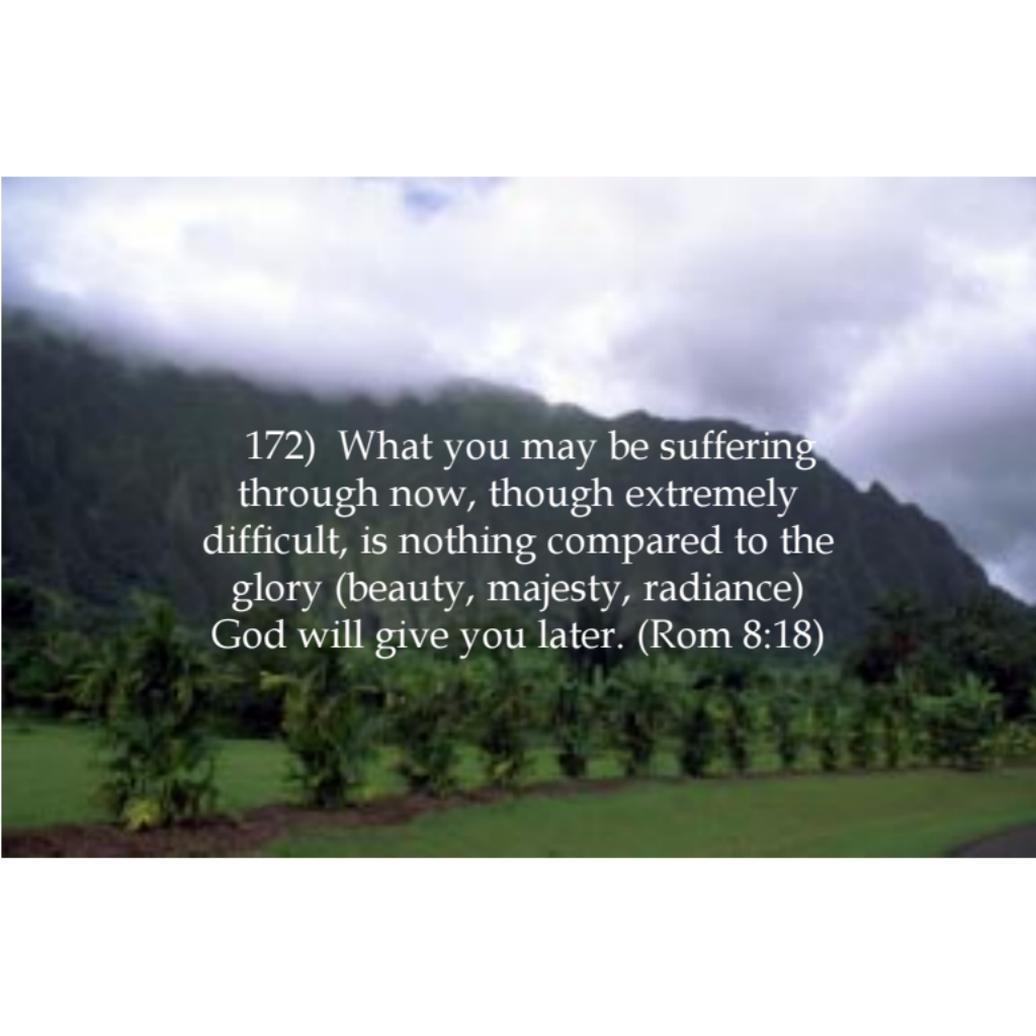
169) Obey God because of his
goodness toward you, not out of
obligation.



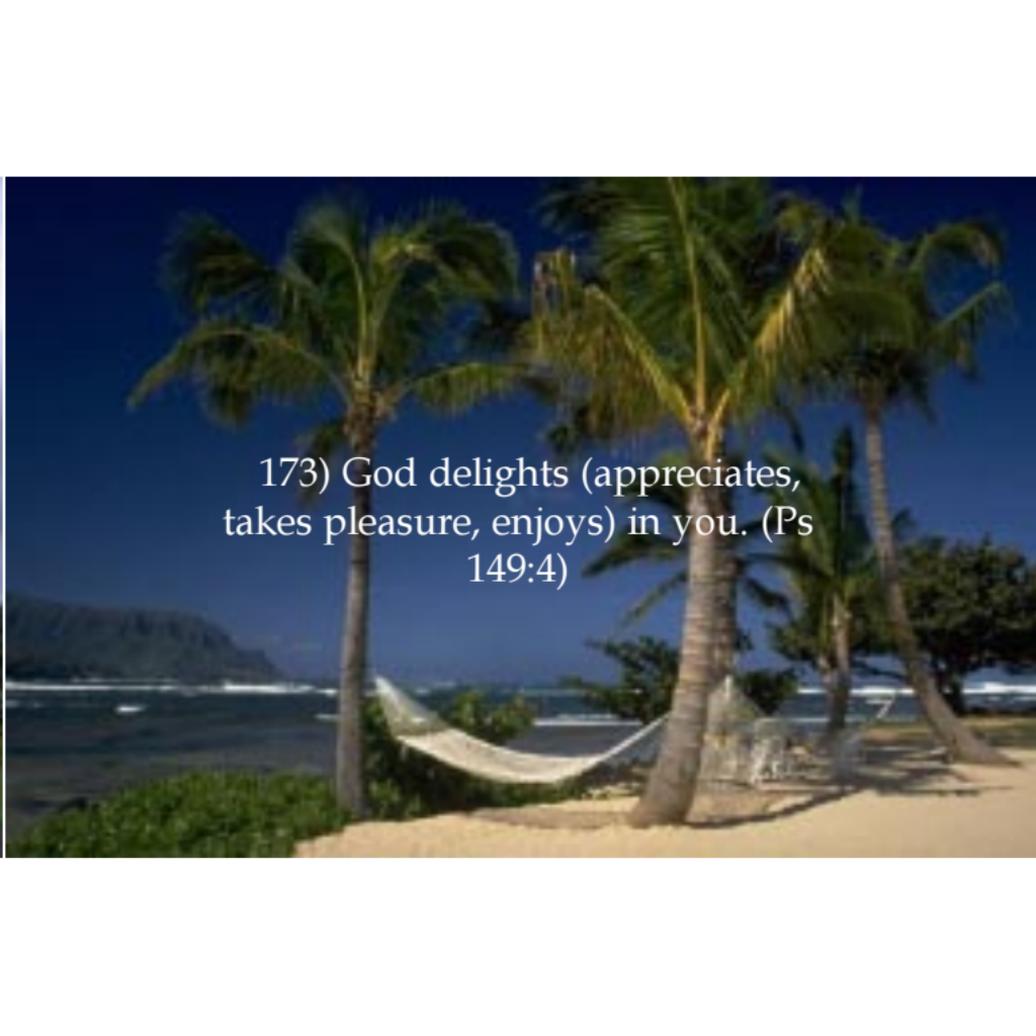
170) God is waiting for you to call on him. "Know that the Lord has set apart the godly for himself; the Lord will hear when I call to him."
(Ps 4:3)

A close-up photograph of a dense field of flowers. The foreground is dominated by numerous small, vibrant purple flowers. Interspersed among them are several larger, bright orange flowers. The background is a soft-focus expanse of more orange and purple blooms, creating a rich, colorful texture. The lighting is natural, highlighting the delicate petals and the green foliage.

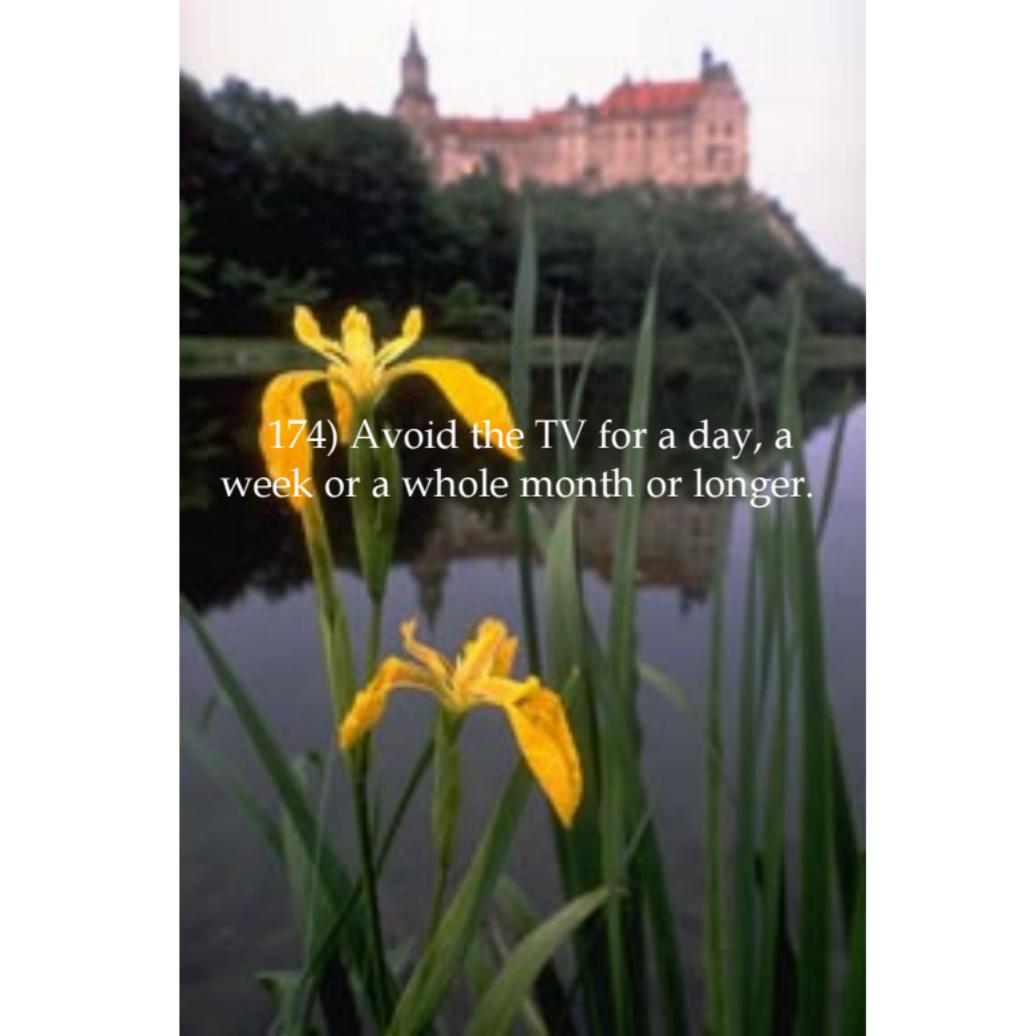
171) Seek your joy and security
from God. No man or woman can
offer you everything.

A landscape photograph showing a mountain range in the background under a cloudy sky. The foreground is a green field with some trees. The text is overlaid on the image.

172) What you may be suffering through now, though extremely difficult, is nothing compared to the glory (beauty, majesty, radiance) God will give you later. (Rom 8:18)

A tropical beach scene with several palm trees in the foreground. A white hammock is strung between two of the trees. In the background, there is a sandy beach, the ocean with waves, and a blue sky. The text is overlaid in the center of the image.

173) God delights (appreciates,
takes pleasure, enjoys) in you. (Ps
149:4)

A scenic landscape photograph featuring a large, multi-story castle with a prominent spire, situated on a lush green hill overlooking a calm body of water. In the foreground, several tall, green irises with bright yellow flowers are in focus. The text "174) Avoid the TV for a day, a week or a whole month or longer." is overlaid in white on the image.

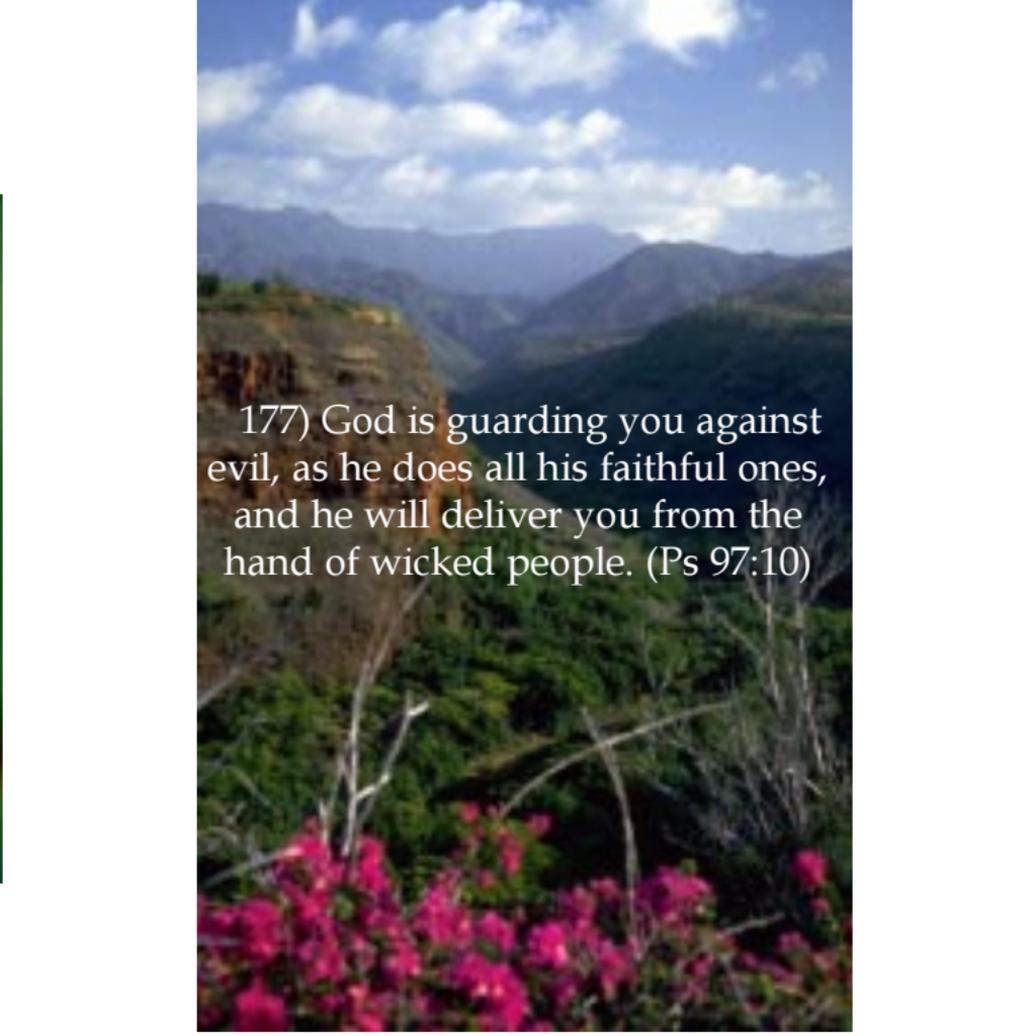
174) Avoid the TV for a day, a week or a whole month or longer.

A scenic landscape at dusk or dawn. A vibrant rainbow arches across the sky, spanning from the left side of the frame over a body of water to the right side, where it appears to rest on a forested hillside. The sky is a mix of deep blues and purples, with scattered white clouds. In the distance, a small town or village is visible on the right, with several lights glowing. The foreground is dominated by dense, dark green foliage, likely a forest or jungle. The overall mood is peaceful and hopeful.

175) Whatever you do, in line with
God's will, will prosper. (Ps 1:2-3)



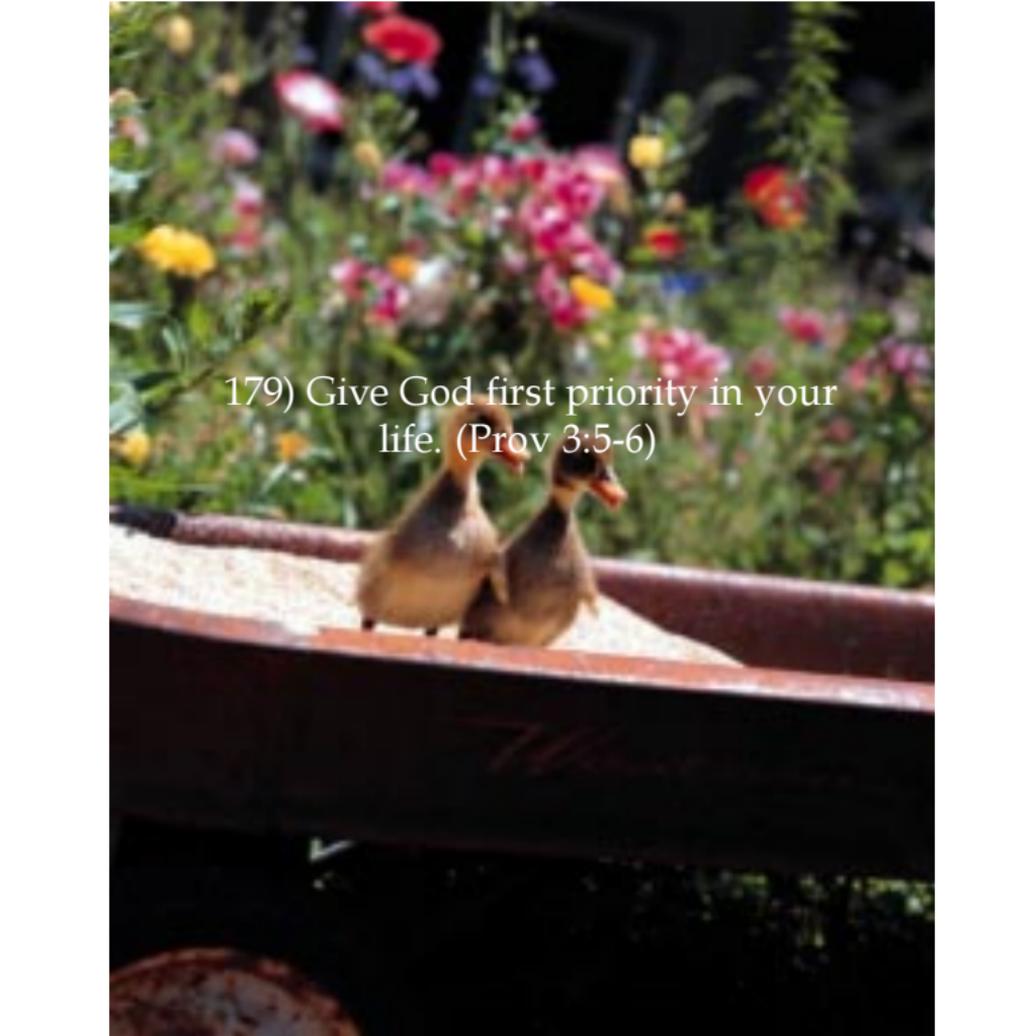
176) God will deliver you from
your troubles over and over again.
“Then they cried out to the Lord in
their troubles, and he delivered
them [again] from their
distress... Let them give thanks to
the Lord for his unfailing love, and
his wonderful deeds for men.” (Ps
107:6-8)



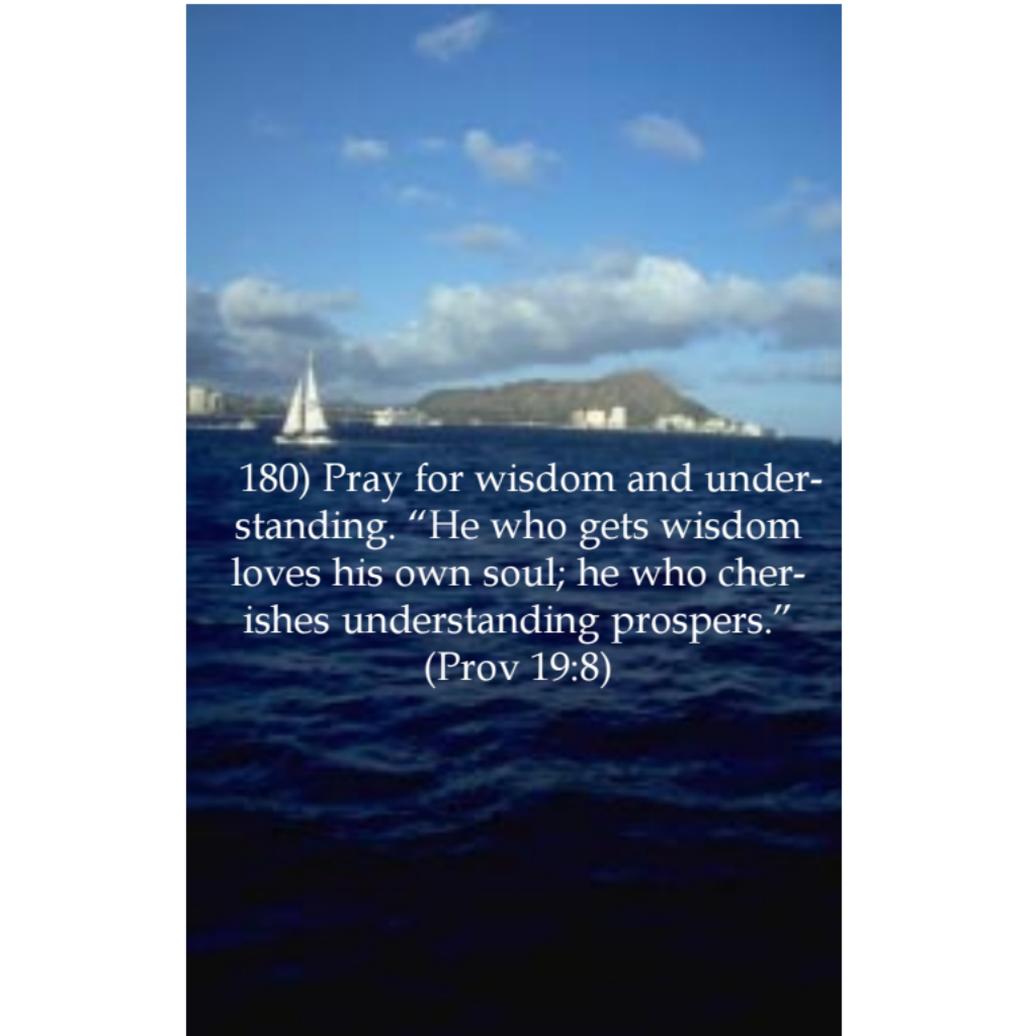
177) God is guarding you against
evil, as he does all his faithful ones,
and he will deliver you from the
hand of wicked people. (Ps 97:10)

A scenic landscape featuring a river flowing through lush green hills. The sky is bright blue with scattered white clouds. In the distance, there are more hills and mountains. A small boat is visible on the river in the lower right corner.

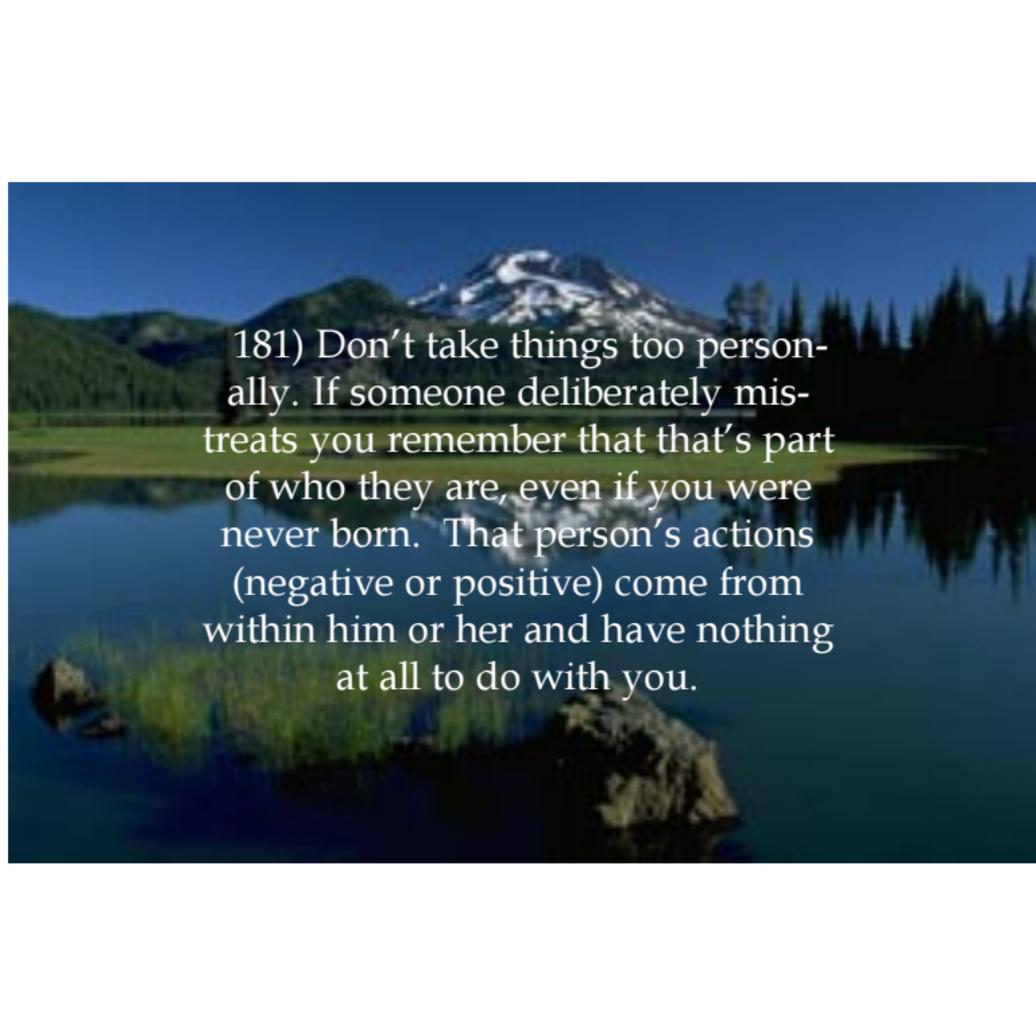
178) God will continually guide
you toward what is right and teach
you his way. (Ps 25:9)

A photograph of two small, brown ducklings standing in a dark, reddish-brown metal trough. The trough is filled with a light-colored, granular substance, possibly feed. The background is a lush garden with various colorful flowers, including pink, yellow, and red blooms, and green foliage. The lighting is bright, suggesting a sunny day.

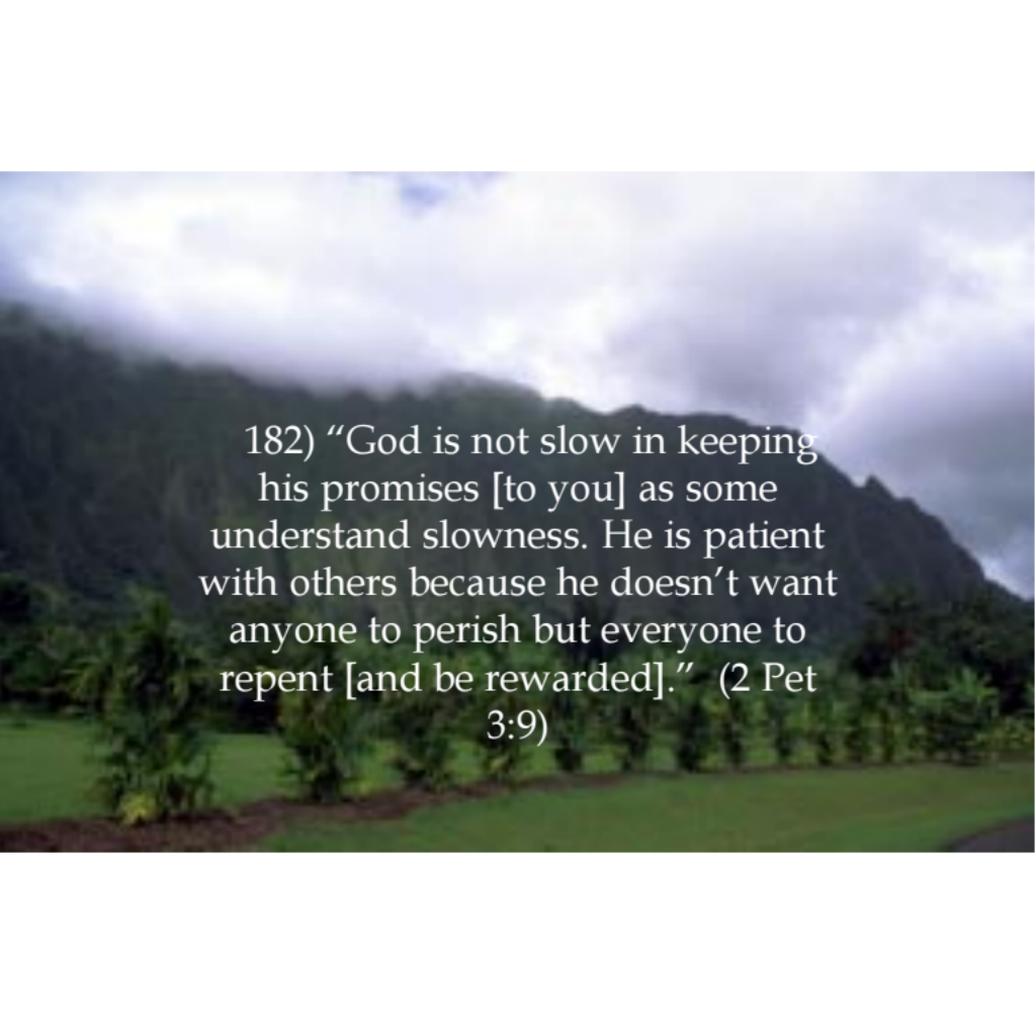
179) Give God first priority in your
life. (Prov 3:5-6)

A scenic view of a sailboat on the ocean with a coastal town and hills in the background under a blue sky with clouds.

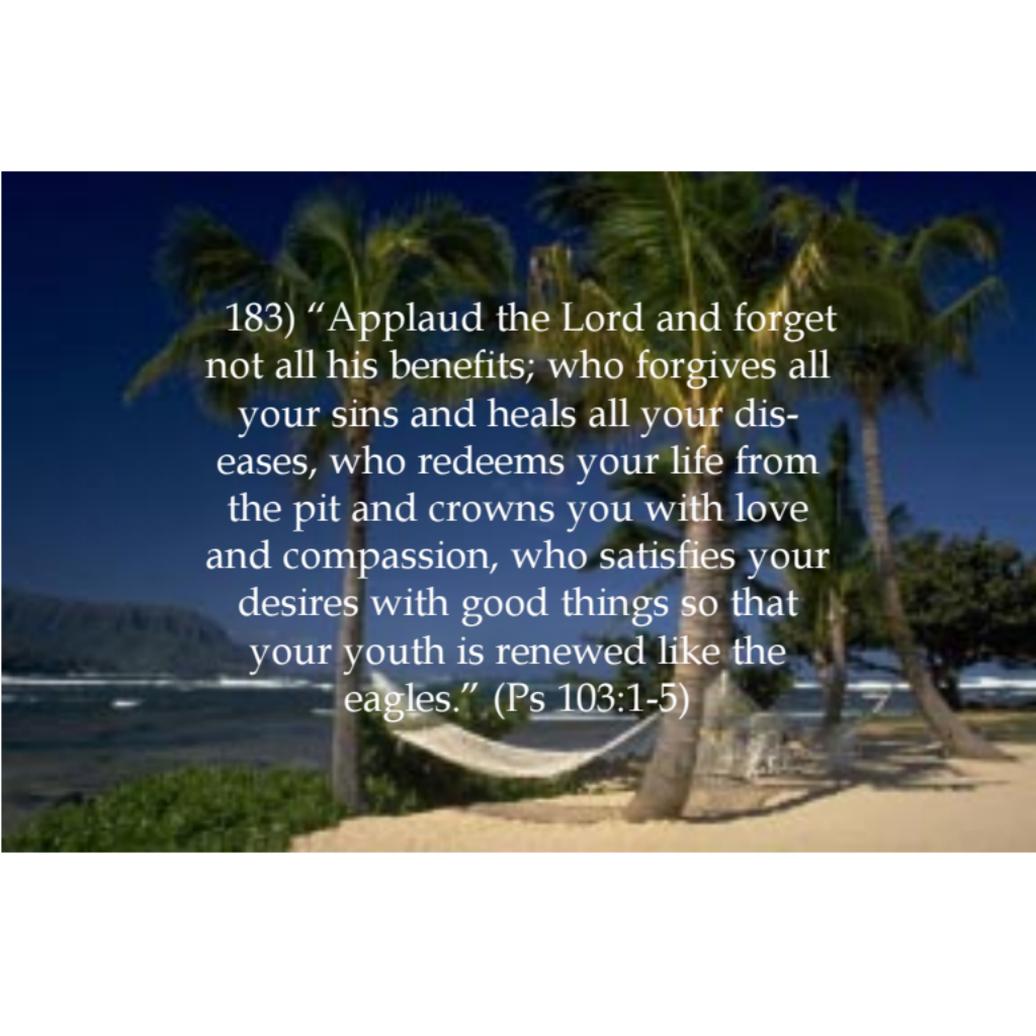
180) Pray for wisdom and understanding. "He who gets wisdom loves his own soul; he who cherishes understanding prospers."
(Prov 19:8)



181) Don't take things too personally. If someone deliberately mistreats you remember that that's part of who they are, even if you were never born. That person's actions (negative or positive) come from within him or her and have nothing at all to do with you.



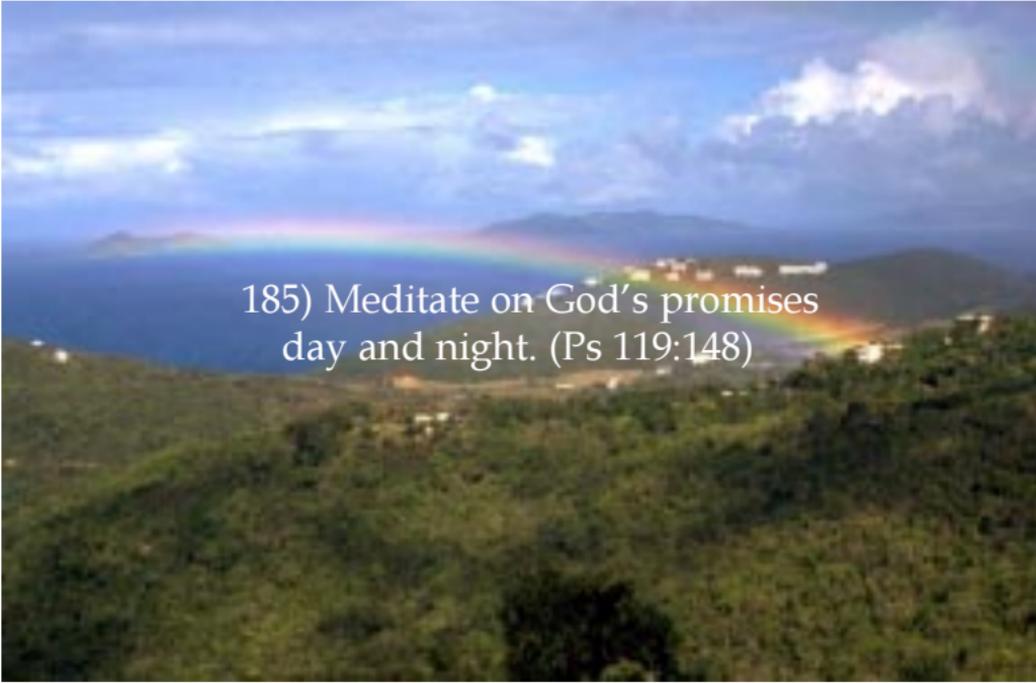
182) “God is not slow in keeping his promises [to you] as some understand slowness. He is patient with others because he doesn’t want anyone to perish but everyone to repent [and be rewarded].” (2 Pet 3:9)

A tropical beach scene with several palm trees in the foreground and middle ground. A white hammock is strung between two palm trees. In the background, there is a sandy beach, the ocean with white waves, and a clear blue sky. The overall atmosphere is peaceful and serene.

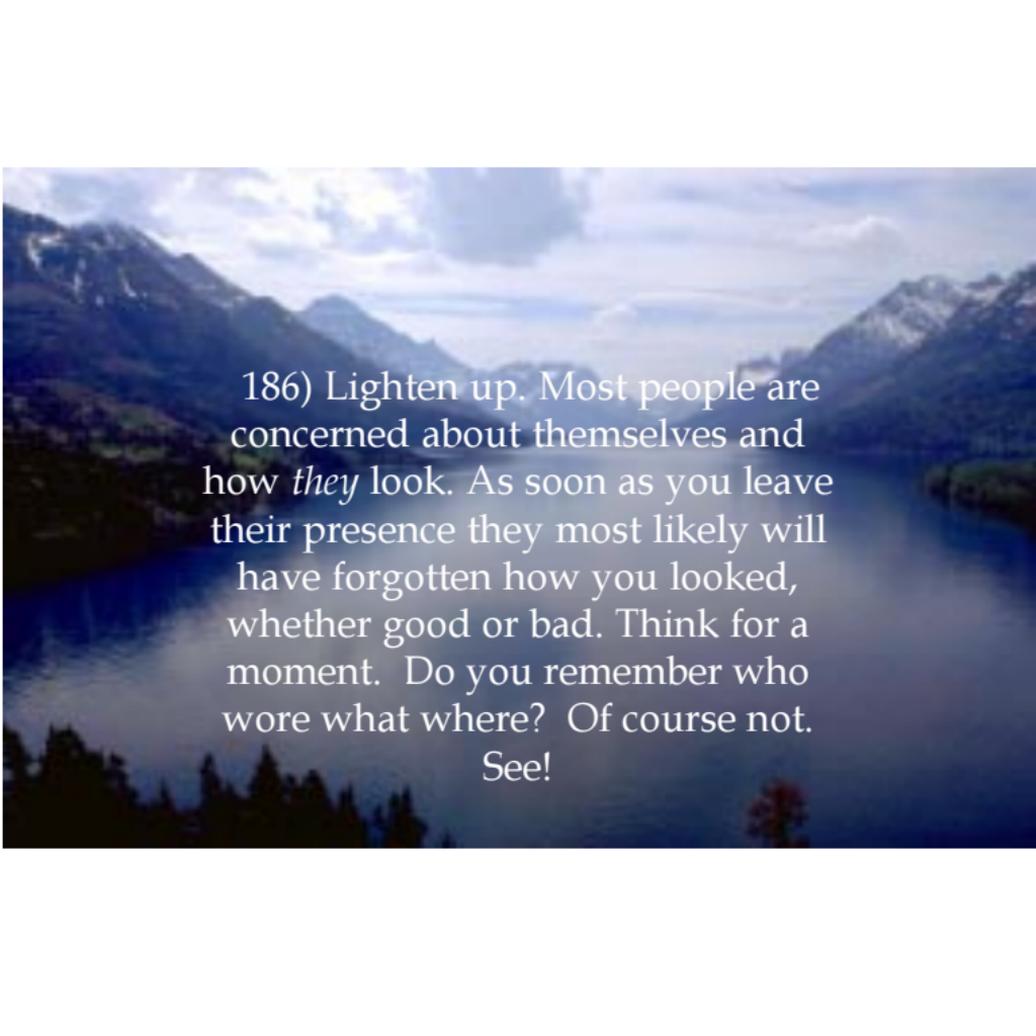
183) “Applaud the Lord and forget not all his benefits; who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagles.” (Ps 103:1-5)



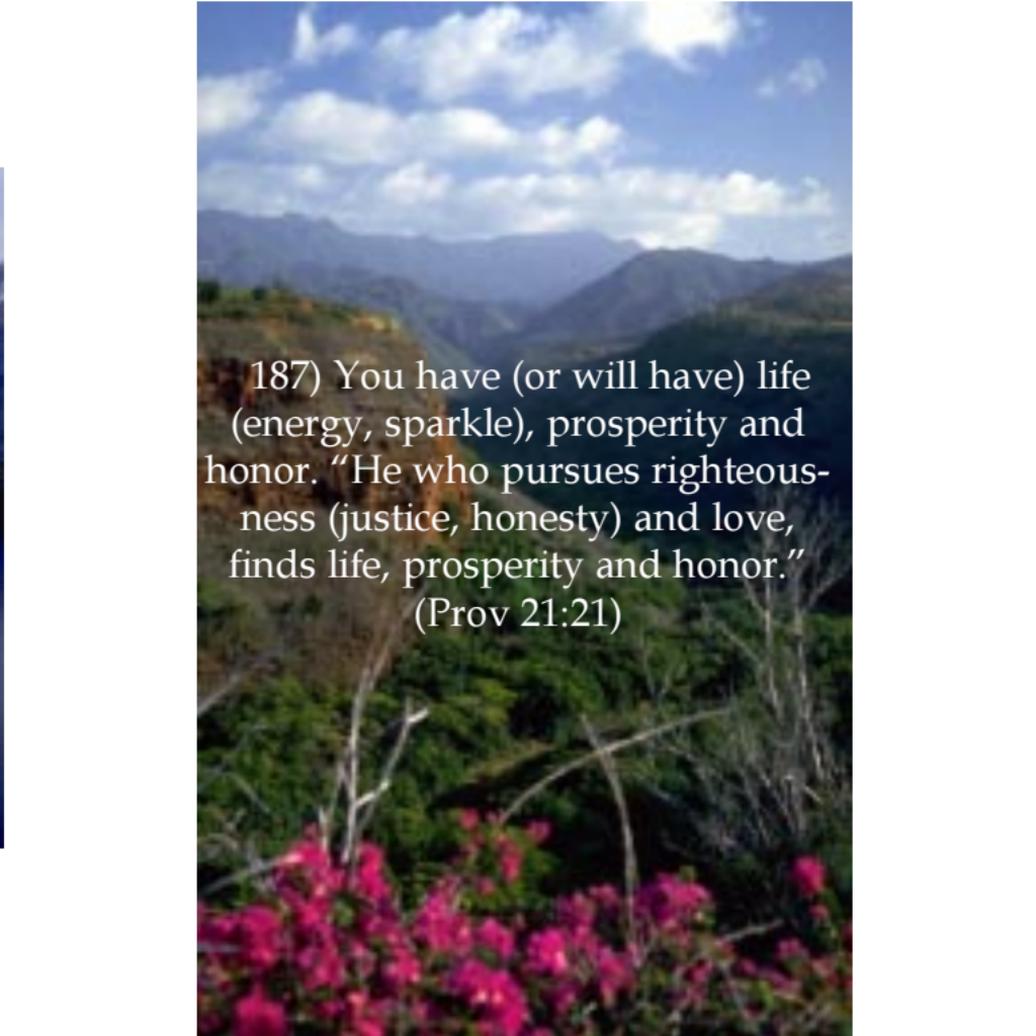
184) This too shall pass!



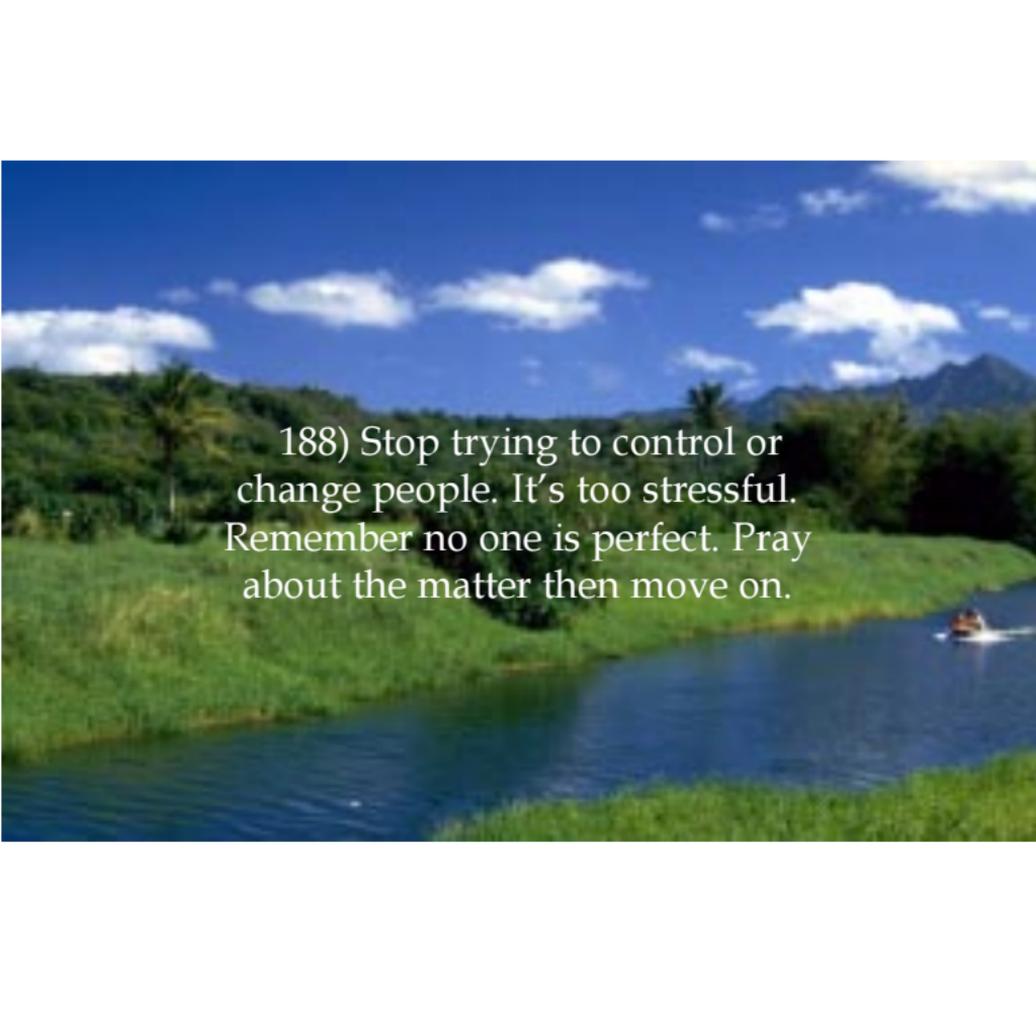
185) Meditate on God's promises
day and night. (Ps 119:148)

A scenic landscape featuring a large, calm lake in the foreground, surrounded by dense evergreen forests. In the background, majestic mountains with patches of snow rise under a sky filled with soft, white clouds. The overall atmosphere is peaceful and natural.

186) Lighten up. Most people are concerned about themselves and how *they* look. As soon as you leave their presence they most likely will have forgotten how you looked, whether good or bad. Think for a moment. Do you remember who wore what where? Of course not.
See!



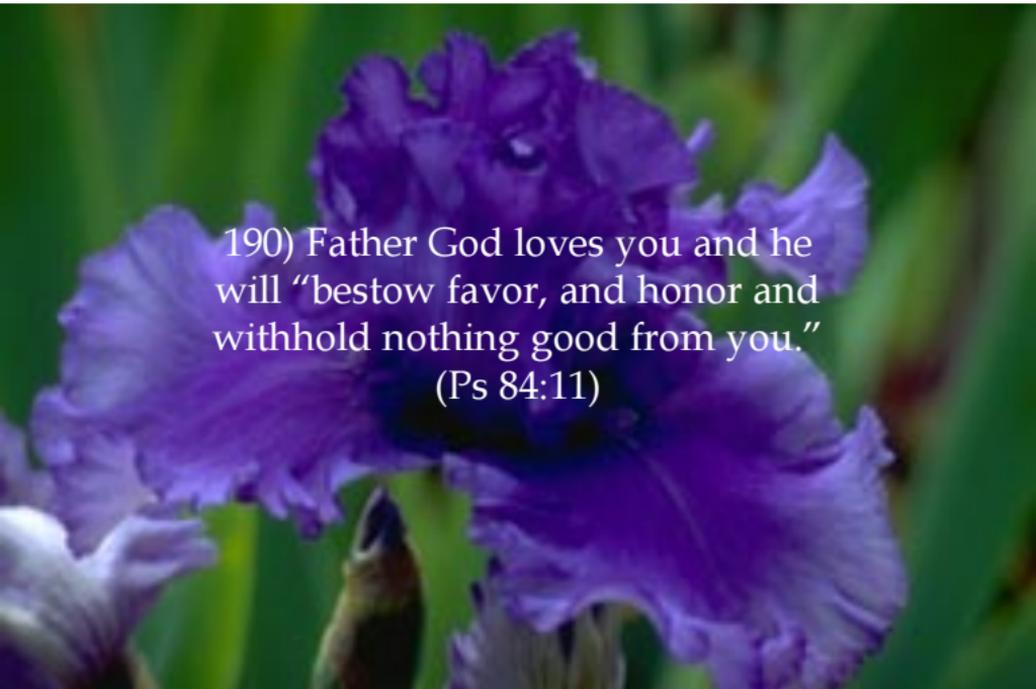
187) You have (or will have) life
(energy, sparkle), prosperity and
honor. "He who pursues righteous-
ness (justice, honesty) and love,
finds life, prosperity and honor."
(Prov 21:21)

A scenic landscape featuring a river flowing through lush green hills under a bright blue sky with scattered white clouds. In the distance, a small boat is visible on the water. The overall scene is peaceful and natural.

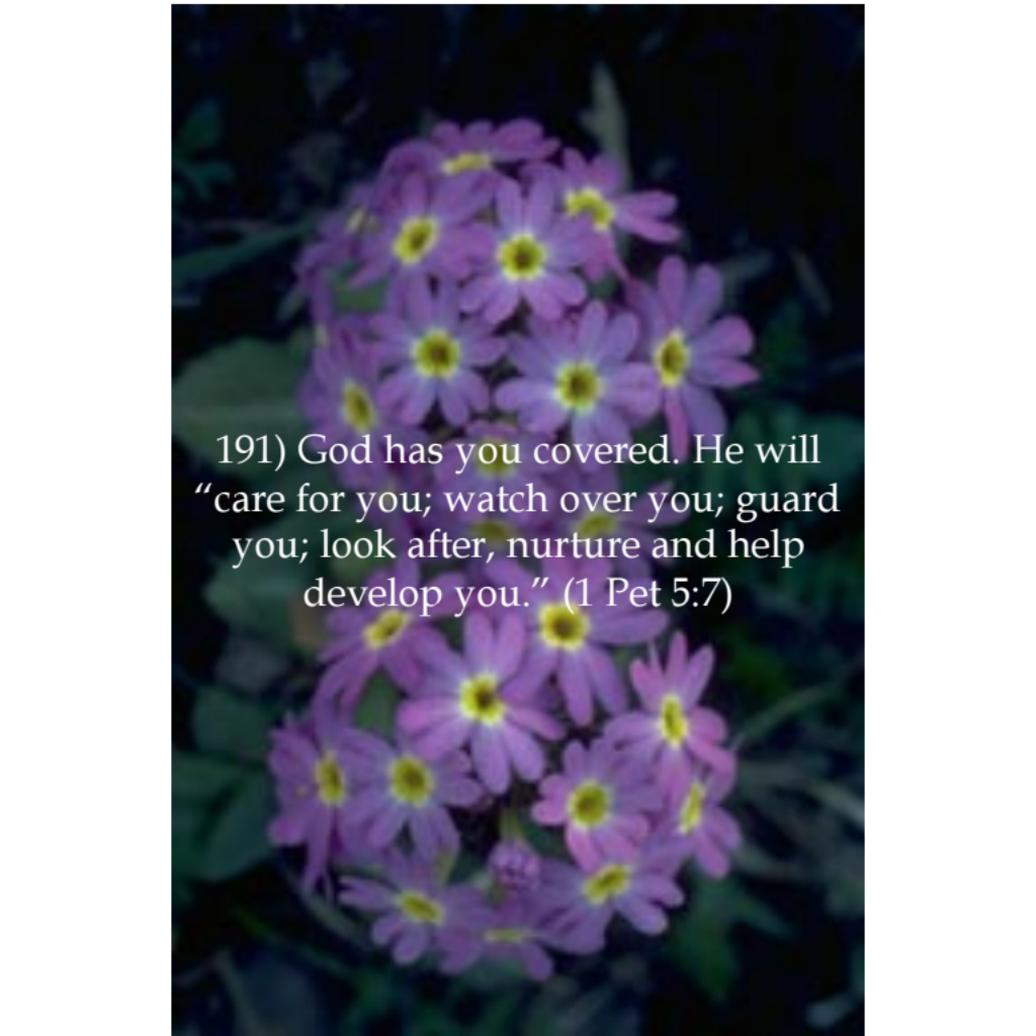
188) Stop trying to control or change people. It's too stressful. Remember no one is perfect. Pray about the matter then move on.

A photograph of several vibrant purple flowers with yellow centers, growing on a dark, textured ground. The flowers are the central focus of the image, with some in sharp focus and others slightly blurred in the background. The overall lighting is somewhat dim, highlighting the bright colors of the petals.

189) Make your joy complete (total, whole)! “I tell you the truth, my Father will give you whatever you ask in my name...Ask and you will receive and your joy will be complete.” (Jn 16:23-24)



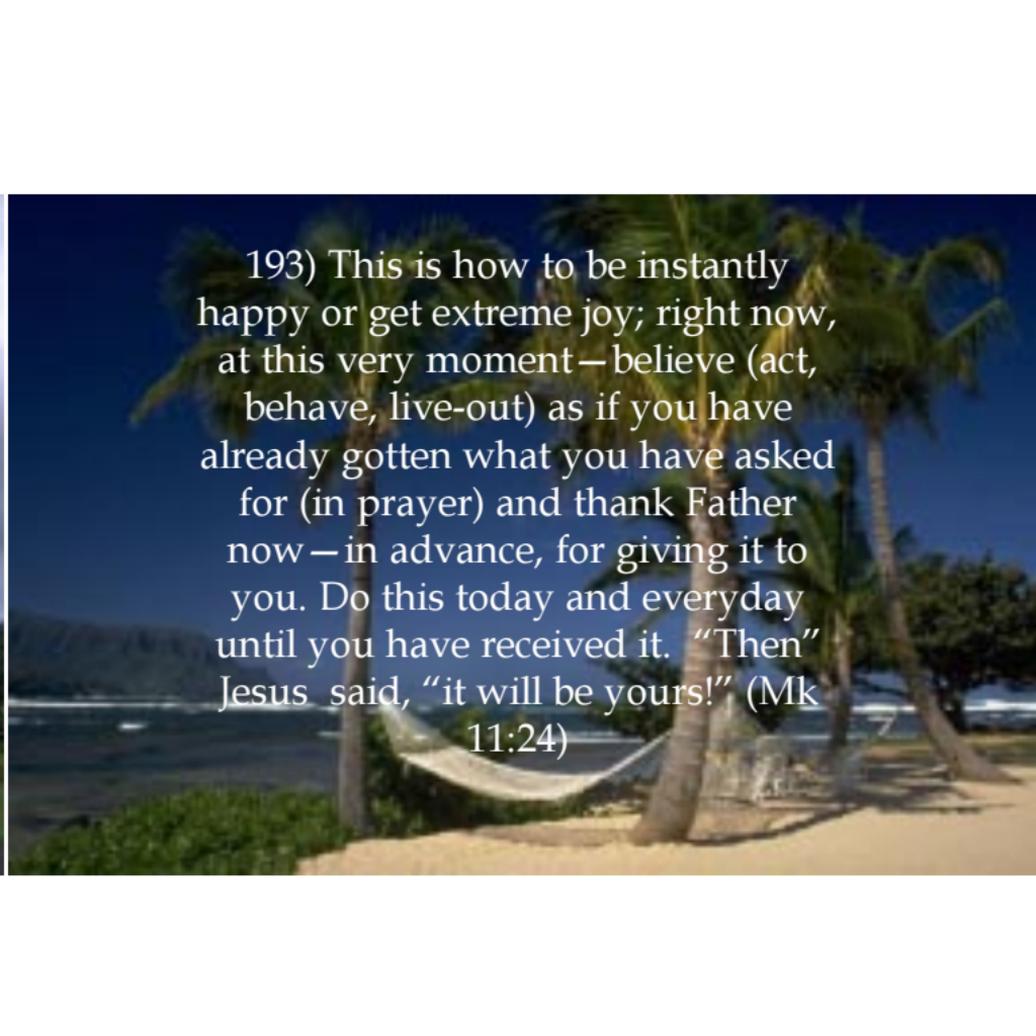
190) Father God loves you and he
will “bestow favor, and honor and
withhold nothing good from you.”
(Ps 84:11)

A cluster of purple flowers with yellow centers, set against a dark background. The flowers are in the center of the image, and the text is overlaid on them.

191) God has you covered. He will
“care for you; watch over you; guard
you; look after, nurture and help
develop you.” (1 Pet 5:7)

A landscape photograph showing a vineyard in the foreground with rows of grapevines. In the background, there is a large, dark mountain range under a sky filled with heavy, grey clouds. The overall mood is somewhat somber or dramatic.

192) You have nothing to worry about. God will “keep you strong to the end so that you will be free from all blame on the day when our Lord Jesus Christ returns.” (1 Cor 1:8)

A tropical beach scene with several palm trees and a hammock strung between two of them. The background shows the ocean and a clear blue sky. The text is overlaid on the image.

193) This is how to be instantly happy or get extreme joy; right now, at this very moment – believe (act, behave, live-out) as if you have already gotten what you have asked for (in prayer) and thank Father now – in advance, for giving it to you. Do this today and everyday until you have received it. “Then” Jesus said, “it will be yours!” (Mk 11:24)

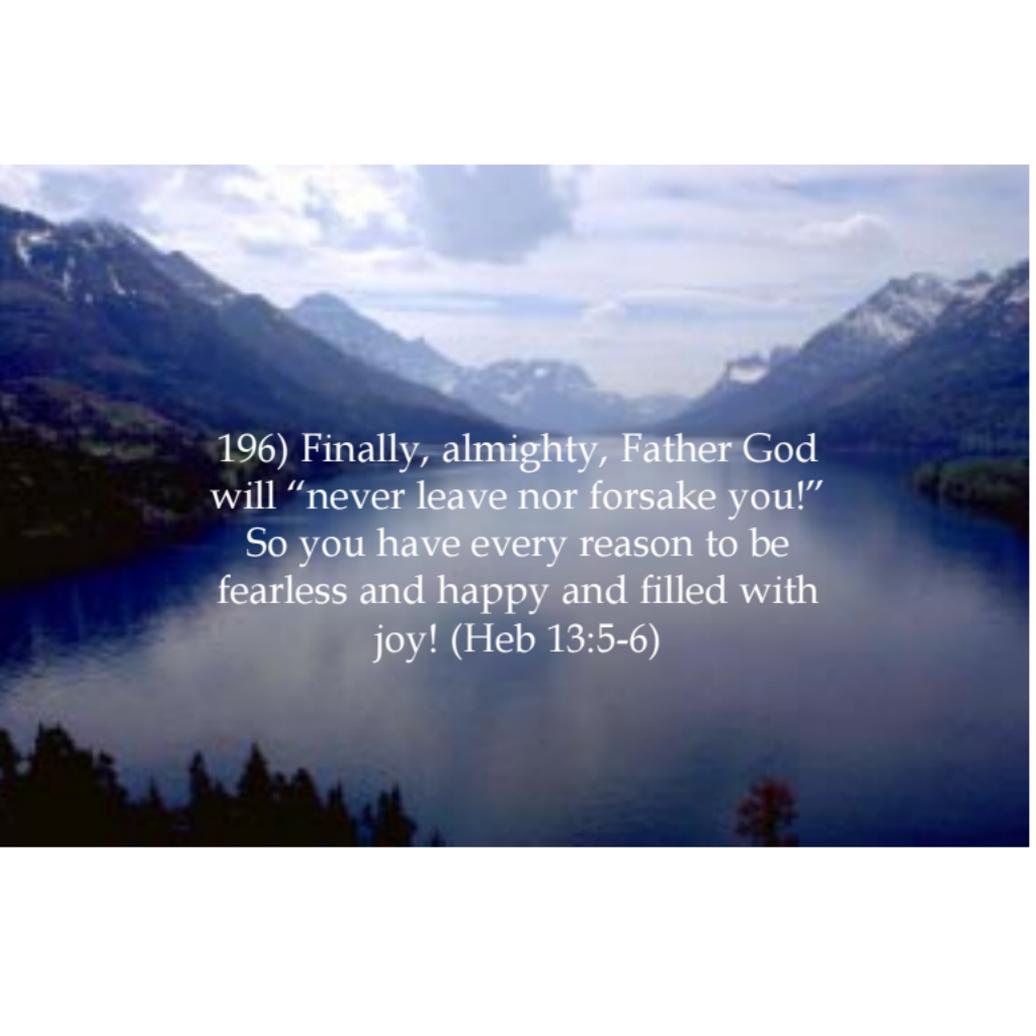


194) God is busy. He will “work in you, giving you the desire and the power to do what pleases Him.”

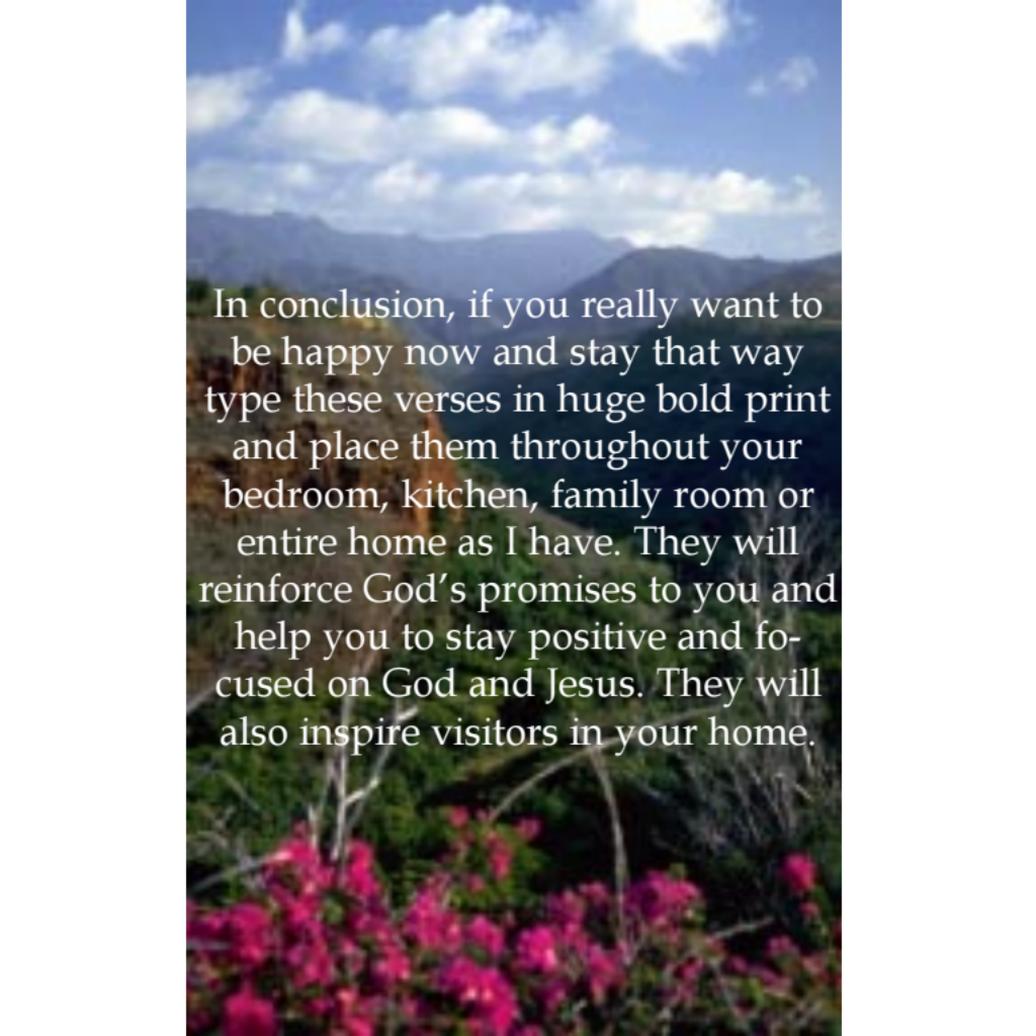
(Phil 2:13)

A close-up photograph of a dense field of flowers. The flowers are primarily orange and purple, with some green foliage visible. The orange flowers are larger and more prominent, while the purple flowers are smaller and more numerous. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

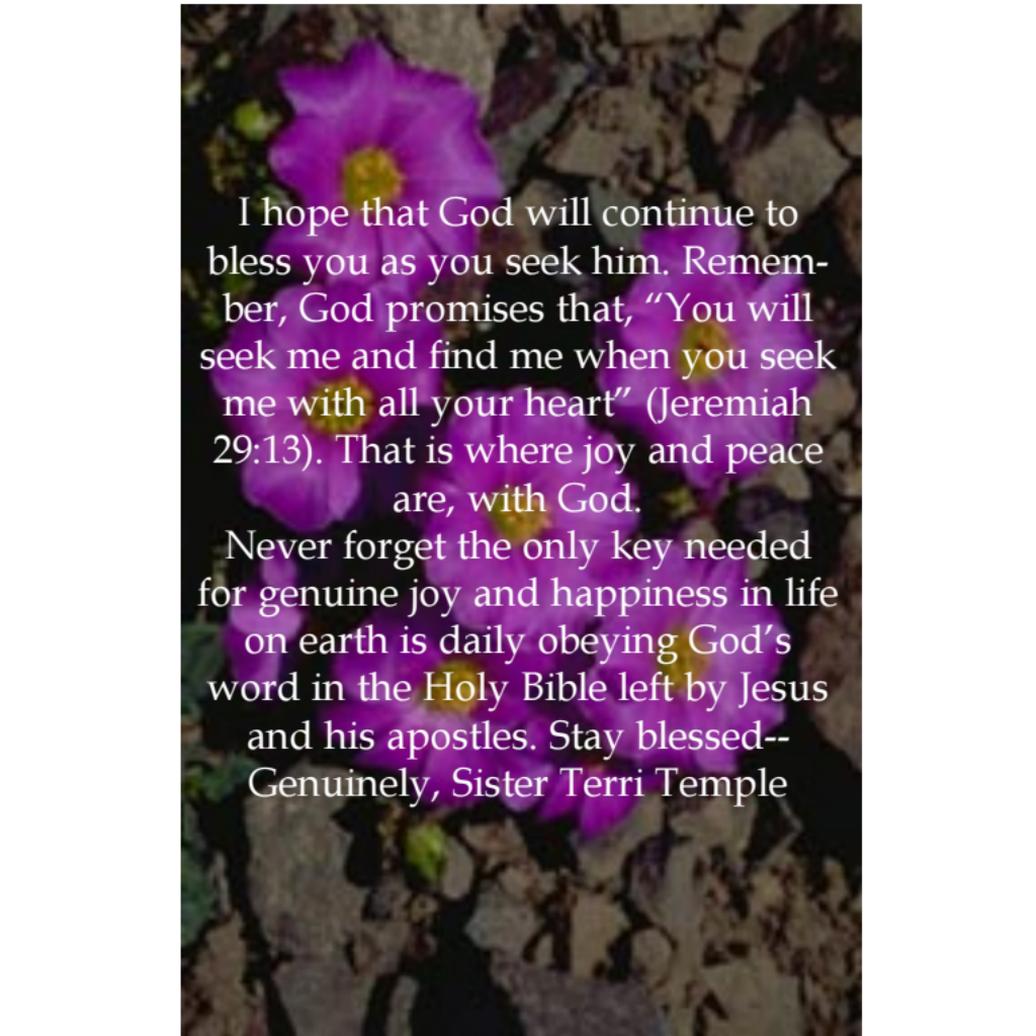
195) You have a reward waiting for you! “Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done. (Prov 19:17).



196) Finally, almighty, Father God
will “never leave nor forsake you!”
So you have every reason to be
fearless and happy and filled with
joy! (Heb 13:5-6)

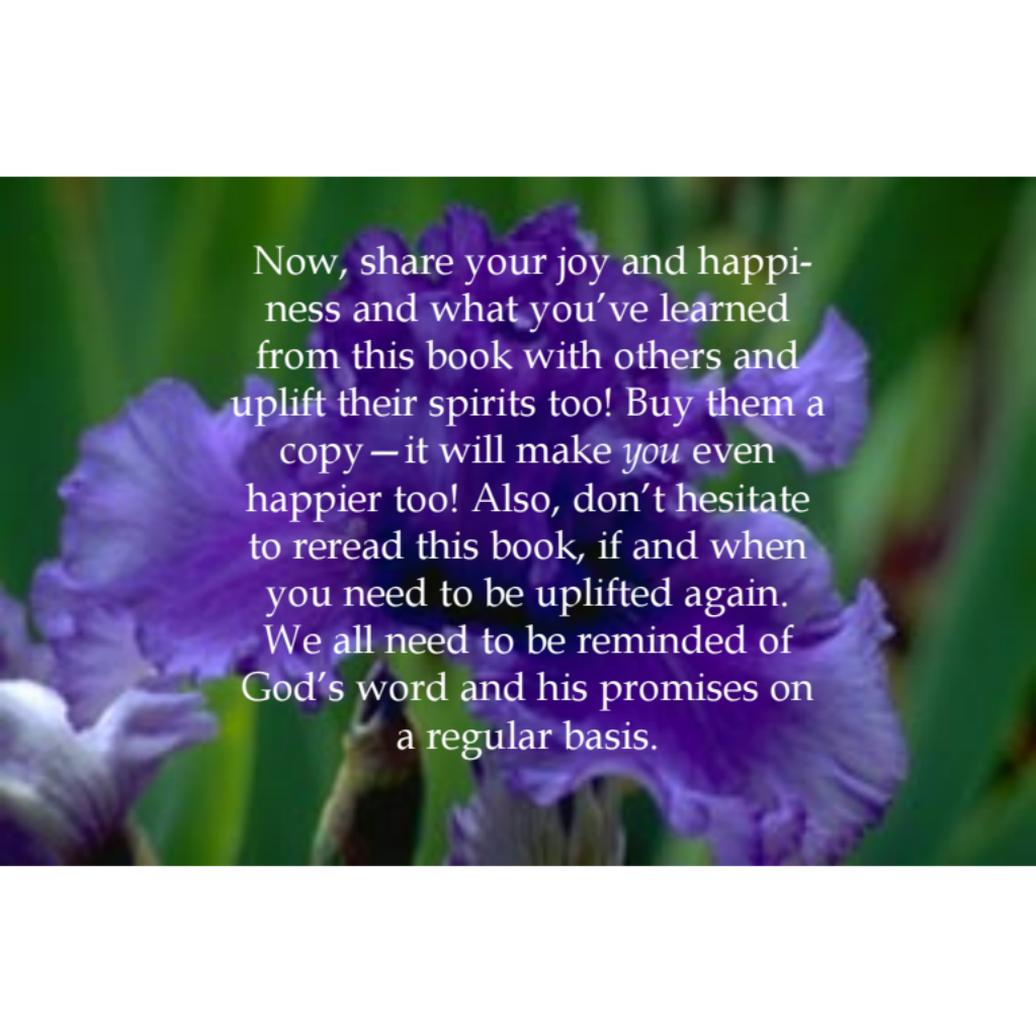
A scenic landscape featuring a blue sky with scattered white clouds, distant mountains, and a foreground of pink flowers. The text is overlaid on the image.

In conclusion, if you really want to be happy now and stay that way type these verses in huge bold print and place them throughout your bedroom, kitchen, family room or entire home as I have. They will reinforce God's promises to you and help you to stay positive and focused on God and Jesus. They will also inspire visitors in your home.

A close-up photograph of several vibrant purple flowers with yellow centers, set against a dark, textured background of leaves and stems. The lighting is soft, highlighting the delicate petals.

I hope that God will continue to bless you as you seek him. Remember, God promises that, “You will seek me and find me when you seek me with all your heart” (Jeremiah 29:13). That is where joy and peace are, with God.

Never forget the only key needed for genuine joy and happiness in life on earth is daily obeying God’s word in the Holy Bible left by Jesus and his apostles. Stay blessed--
Genuinely, Sister Terri Temple

A close-up photograph of several purple iris flowers in bloom, set against a blurred green background. The text is overlaid on the central part of the image.

Now, share your joy and happiness and what you've learned from this book with others and uplift their spirits too! Buy them a copy – it will make *you* even happier too! Also, don't hesitate to reread this book, if and when you need to be uplifted again. We all need to be reminded of God's word and his promises on a regular basis.

About the Author

Terri Temple is a devout Christian wholeheartedly devoted to God and his church. She is also a full-time, and international minister to women, via her magazine and website, *The Godly Woman's Guide.org*. She is also a Christian author, publisher, producer, inspirational and motivational speaker, business owner, entrepreneur, humanitarian and former editor and publisher of two magazines, one an award-winning publication. She currently resides on the West Coast with her husband of

nearly three decades. When not writing a book or editing her magazine or website for godly women she is working for the church serving God's people and those in need. Her goal is to one day open an outreach center representing the Lord's church where it is much needed.

To learn more please visit her website at
www.territemple.org or
www.thegodlywomansguide.org.



BE HAPPY NOW!

GUARANTEED

Nearly 200 quick inspirational Scriptures, activities, thoughts, and messages (with amazing full-color photos) guaranteed to encourage and uplift any Christian's spirit instantly!

By Award Winning Author Terri Temple