

## **My Blog 2017**

### **January 9, 2017**

There is a difference between living for the moment, and in the moment.

### **January 31, 2017**

When we have expectations that aren't being met, then the unhealthy thing to do is to get stuck and become full of self-pity and pout or direct unresolved anger at the person in question. The healthy thing to do when we are angry because our expectations aren't met is to give up, with Jesus help through faith in prayer, the expectation along with the anger, and accept that the person in question has said no, and then to move on in a constructive way.

### **May 18, 2017**

God's grace is real, powerful, stabilizing, and healthy to focus on. When we focus on grace then we land up praising God, we start to celebrate life, and therefore are not focused on worry. When we focus on grace, truth is more clearly seen, and the judging mentality falls away. Grace comes when we believe God, believe He is gracious, and believe that He supplies grace to us generously to the overflowing as we open up to Him in faith. Grace is like the wind, it moves, seemingly unseen, but it shows itself when it lifts us up like the breathe of life lifting us high on eagles' wings.