

What *Does NOT* HELP ME TO FEEL THE SPIRIT?

Gossip

Jealousy

DISRESPECTFUL MEDIA

Complaining

ANGER

Selfishness

Rudeness

Comparing self to others

Dwelling on Negative past experiences

Frantic Hurriedness

Avoiding important tasks with
procrastination/distractions

What *Helps* ME TO FEEL THE SPIRIT?

Gentle talk

Kindness, especially to family members

Scripture reading/pondering truths

CONSCIOUS DECISIONS TO SHOW RESPECT
EVEN IF YOU DON'T FEEL LIKE IT

Redirecting negative thoughts
to positive truths

Humility

Forgiveness

P A T I E N C E

Meditating

Giving my body what it needs:
- Sleep/rest - Exercise - Good nutrition

Attitude of Gratitude

Focusing on the eternal and relationships.

QUIET LISTENING

Willingness to complete
home/church/community duties.