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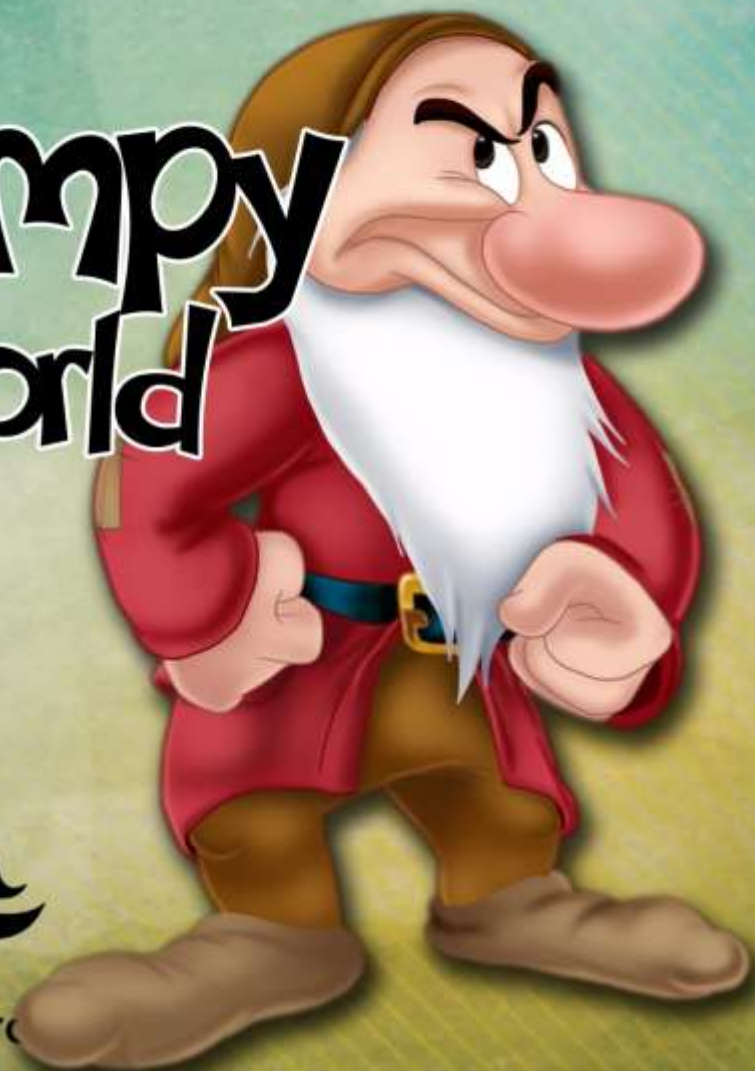
Use #FCChappyorgrumpy to join  
the conversation @flushingccnaz



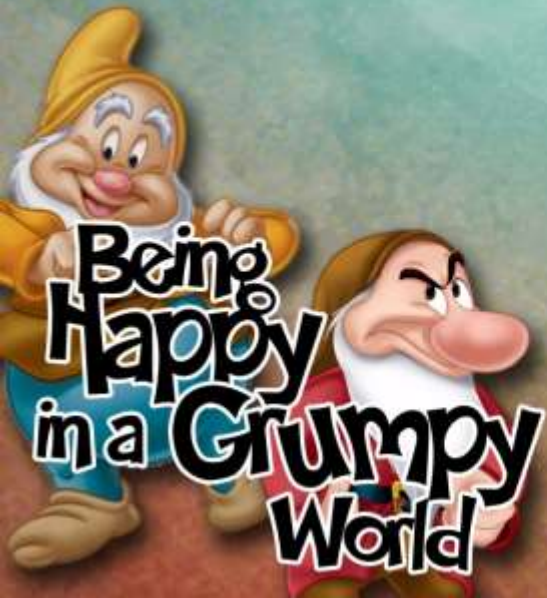
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# Being Happy in a Grumpy World

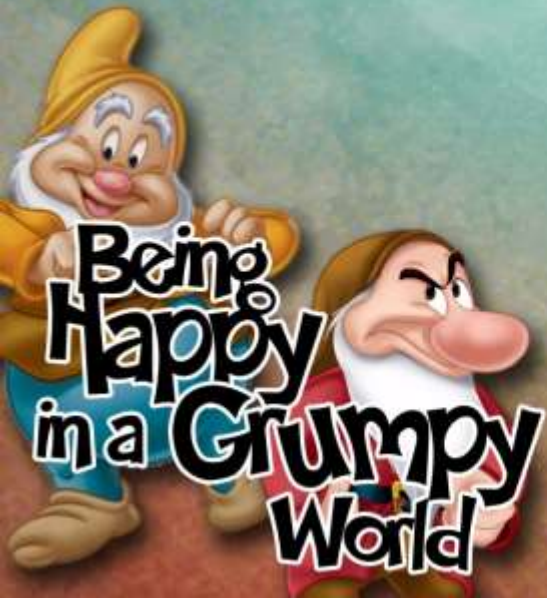


**What happens in your life that  
makes you feel grumpy?**



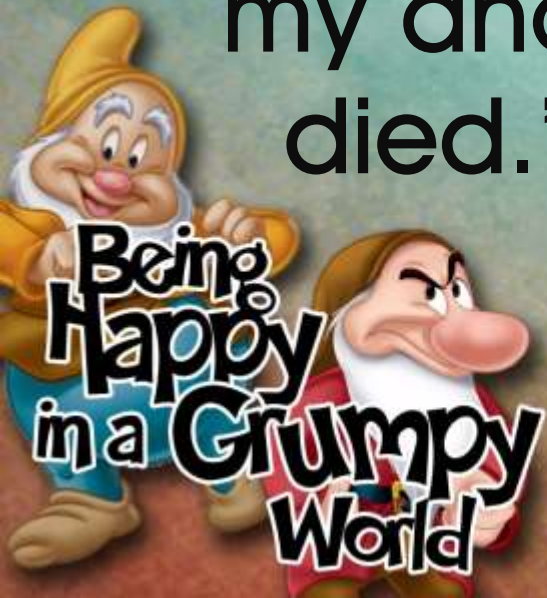
“How long will you go limping with two different opinions? If the Lord is God, follow him; but if Baal then follow him.”

1 Kings 18:21



“Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”

1 Kings 18:21

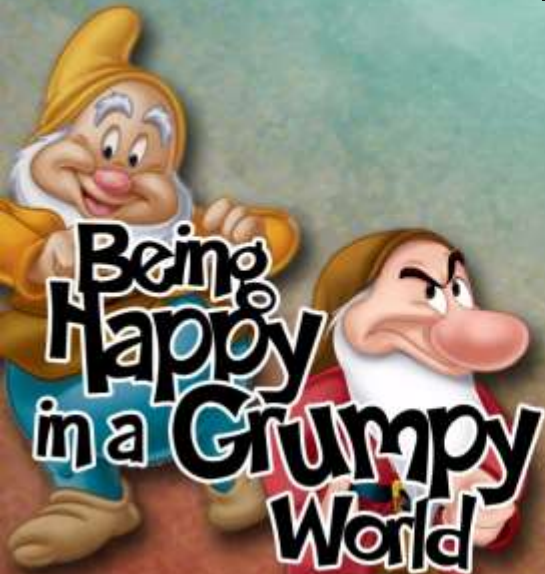


# ABC's of Responding to a Grumpy World:

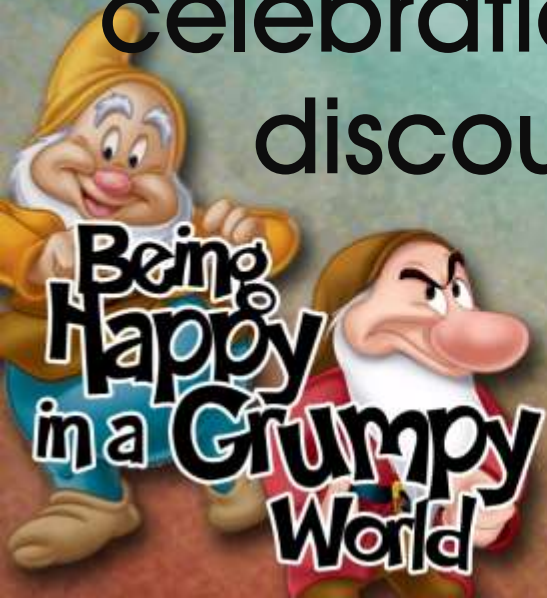
Acknowledge how you feel

Be aware of collateral damage

Clean up the mess

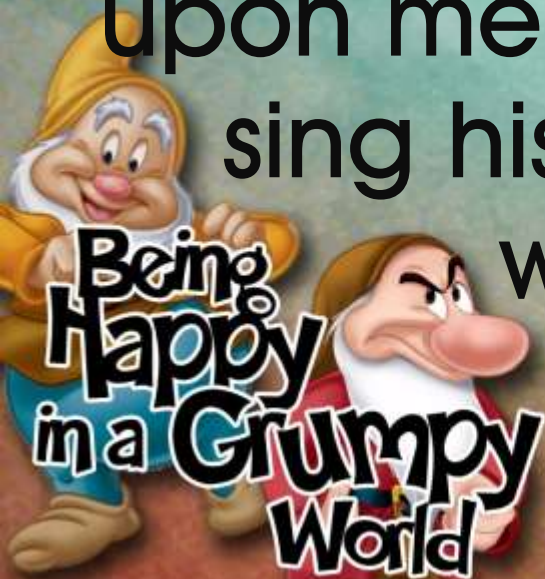


“My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged?”



Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God! Now I am deeply discouraged, but I will remember you ... But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.”

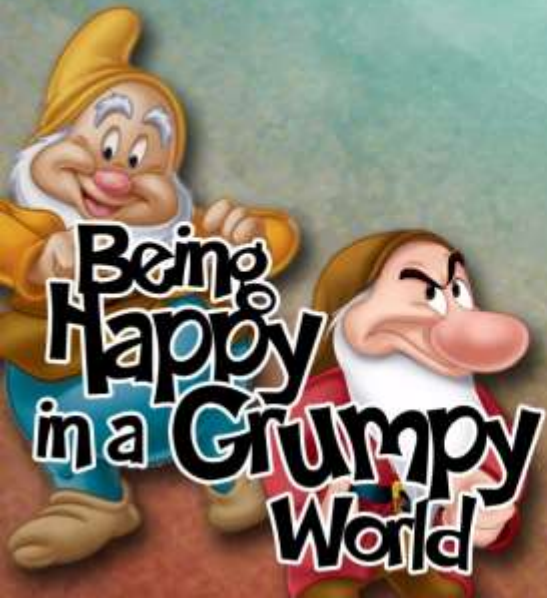
Psalm 42:4-8



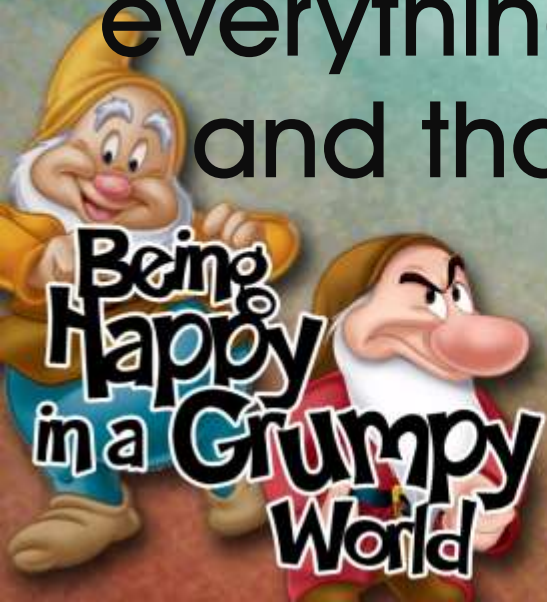


“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”

1 Thessalonians 5:16-18

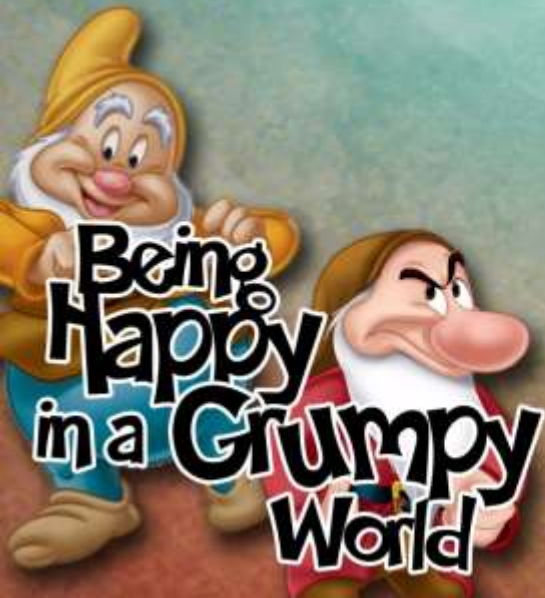


“Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.



Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Philippians 4:4-7

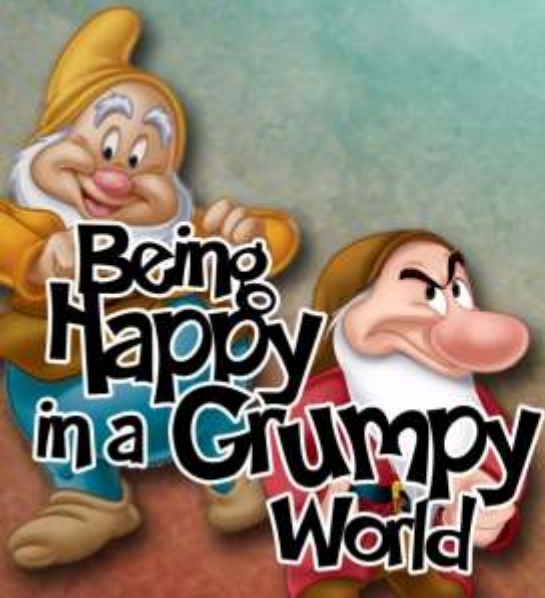


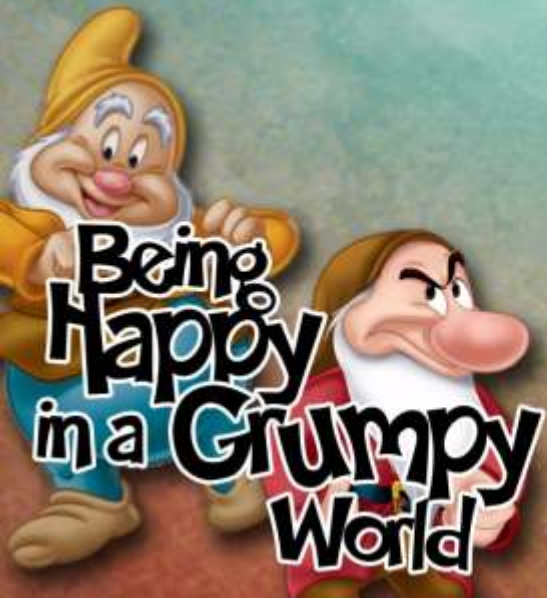
# • Grumpy Elixir •

Focus on **JOY** *(John 15:9-11)*

Always **PRAY**

Give **THANKS**





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Happy  
in a Grumpy  
World