

THE 7 UPS

1. Wake Up

Decide to Have a good day!.

*"This is the day which the Lord hath made; we will rejoice and be glad in it."
Psalms 118:24*

2. Dress Up

The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks.

*"But the Lord said unto Samuel, Look not on his countenance, or on the height of his statute; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart"
1 Samuel 16:7*

3. Shut Up

Say nice things and learn to listen. God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking.

*"He who keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction."
Proverbs 13:3*

4. Stand Up

*. . . for what you believe in.
Stand for something or you will fall for anything.*

*"And let us not be weary in well doing: for in due season we shall reap, if we faint not. As we have therefore opportunity, let us do good unto all men, ..."
Galatians 6:9-10*

5. Look Up

. . . to the Lord.

*"I can do all things through Christ which strengtheneth me".
Philippians 4:13*

6. Reach Up

. . . for something higher.

*"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways, acknowledge Him, and He shall direct thy path."
Proverbs 3:5-6*

7. Lift Up

. . . your Prayers.

*Do not worry about anything;
instead
PRAY ABOUT EVERYTHING.*

*"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."
Philippians 4:6*