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**Keeping a Good Spirit in Hard Times**

Psalms 51:1-10

*Mrs. Susan Hon*

Psalms 51:10, *Create in me a clean heart, O God; and renew a right spirit within me*.

Basics of having the right spirit:

1. Devotions/Prayer–Psalms 28:7
2. Play good music–I Sam. 16:16
3. Be thankful–Col. 3:15
4. Serving others, get your mind off of self–I Thess. 3:12
5. Practice self-control­–Prov. 25:28; Prov. 16:32
6. Read good books–I Tim 4:13
7. Focus on what is true, not on your feelings­–John 8:44
8. Focus on finding a solution, get a grip on your circumstances–I Thess. 3:11-13
9. Focus on serving God–Psalms 100:4
10. Don’t believe the lie that you can’t or that you’re no good–Eph. 1:6
11. Deal with issues; waiting only makes them and your spirit worse­–Luke 17:3-4

Practical Advice for Hard Times

* Death of a Loved One
	+ Let yourself grieve
	+ Give yourself time
	+ Get busy, stay busy, serve others
* Miscarriage
	+ Don’t blame yourself
	+ Remember you’re not alone
* Marriage
	+ Tell him straight; don’t assume he’ll get the hint
	+ Seek counsel, don’t wait
* Financial Struggles
	+ Don’t be a burden
	+ Be a help (menu, budget…)
* Health Issues
	+ Yours:
		- Be patient with yourself
		- Sometimes you just “do what you gotta do”
	+ Your family’s:
		- Trust that God’s way is best
		- Trust that God loves them more
		- Try to be as normal as you can be
		- Don’t slack on discipline
* Family Issues
	+ Create boundaries
	+ Always be kind
	+ Be forgiving; don’t let bitterness take root
* Single Parenting
	+ Stay close to God
	+ Stay faithful to church
	+ Seek counsel
* Motherhood
	+ Surrender to motherhood
	+ Ask God for a solution
	+ Be sensitive to the Holy Spirit’s guidance, and obey
	+ Get a break every once in awhile
* Discipline Issues
	+ Put your kids to bed at a good time
	+ Catch them young
	+ Be consistent
	+ Talk to them (teens)
	+ Work on having the right relationship with your teens

Psalm 77:7-12

Remember: God is faithful to His children