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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