



Day 1

Philippians 4:4 Rejoice in the Lord always. I will say it again: Rejoice!

As you begin this seven-day challenge to get through every day without complaining, criticizing or griping, it's truly essential to start your day right. Your day is won or lost in the morning hours, so determine that the first words out of your mouth will be thankful, praising words. As soon as you put your feet on the floor—or even before—utter words of praise and thanksgiving.

Here are two more specific things to do today:

Psalm 34:1

I will extol the Lord at all times; his praise will always be on my lips.

Keep this verse before you throughout your day and lift up words of praise to God, spoken and unspoken, all day long.

Psalm 13:6

I will sing the Lord's praise, for he has been good to me.

Sing or listen to praise music during the day as you can.

Then pay close attention to what you think and say. If you think complaining thoughts, you will say complaining words. So, bring those wrong thoughts into captivity and don't allow them to escape your lips.

You can do it! Rejoice always today—no matter what happens! It's going to be a really good day.

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