

# Life is Good

*It's a matter of perspective*





**We medicate with the big four (4)**

- Over eating
- Alcohol
- Porn
- Drugs- pot, cigarettes, coffee to stay up and sleeping pills go down.

# Quadrants of Life

Spiritual

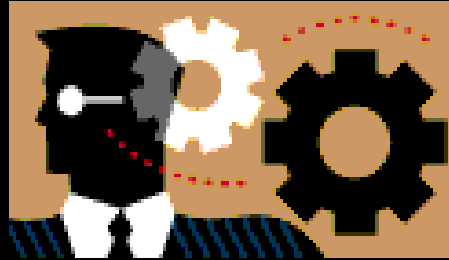
Physical

Emotional


Mental



T > F > A > = R



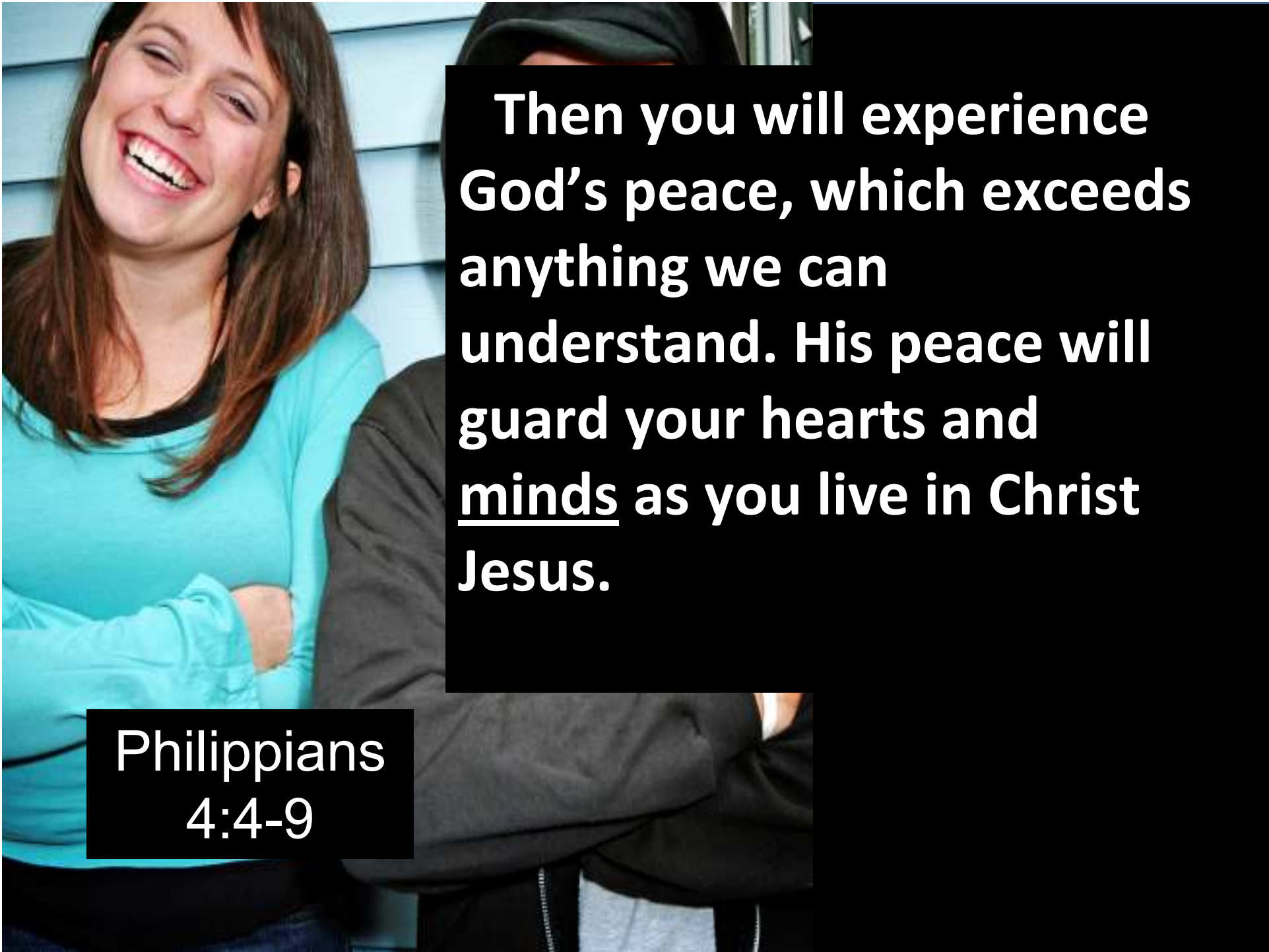
If you're going to see that  
**Life is Good**  
it starts with how you think



**<sup>4</sup> Rejoice in the Lord Always and be full of joy in the Lord. I say it again—rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.**

**<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done**

**Philippians  
4:4-9**

A photograph of a woman with long brown hair, wearing a bright blue long-sleeved shirt, laughing heartily. She is positioned on the left side of the frame. To her right, the upper portion of a person wearing a black hooded sweatshirt is visible. The background consists of light-colored horizontal slats, possibly a wall or a door. A large black rectangular box with white text is overlaid on the right side of the image.


**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  
4:4-9**

<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians  
4:4-9





**<sup>9</sup> Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.**

**Philippians  
4:4-9**

# Change Your Attitude *and (Rejoice)*



**Instead of  
Worrying - Pray**  
*(talk to God) with  
Thanksgiving*



**Think Differently**  
about your situation  
**Be Positive**





Life is Good

it really is a matter of  
perspective