



## GOOD MORNING SAINTS

Golden Nugget

### "Ouch" Days!

You're drivin' home and you're mad. Someone just cut you off in traffic, but that's not the problem. You have lots of bills, but that's not the problem. You're having a bad hair day, but that's not the problem. What's the problem? The big promotion you wanted at work (with the expected pay raise) didn't happen. Now that's a problem! But is it **THE** problem?

These kind ups and downs happen to everyone occasionally. And, yes, not getting the promotion we wanted can feel like a kick in the teeth! Yes having a mountain of unpaid bills can wear you out! And rude and dangerous drivers ruin what is already a horrible day! But what is the real problem? The real issue in all these situations is this question:

### WHAT DO YOU DO WHEN THINGS DON'T GO YOUR WAY?

This is a vital question we all ponder. Since these things **DO** occasionally happen to everyone, how you respond makes a world of difference. The Apostle Paul wrote to the Christians in Rome that God is involved in helping ransom our worst situations (**Romans 8:28**). From Paul, we can gain some **TIMELESS CHRISTIAN PRINCIPLES** we can use today when things don't go our way.

1. **We are free in Christ to make CHOICES about what we say and do.** A lot of us seem to think we have to get mad, or at least a little upset. It's almost like we have no choice. But we don't **HAVE** to get mad. We can deal with the problem, accept the situation, or look for other options.

2. **We are free to choose our response when things don't go our way.** As a Christian, we have to ask an important question; how do my chosen actions, words, and deeds affect others? We do not exist in isolation. The things we say and do affect others in our circle of influence.
3. **We can "breathe" a quick prayer, asking for God's help and taking time to slow ourselves down.** This is the spiritual version of counting to ten, plus it reminds us who is in control. This does wonders for attitude adjustment. We pray even when we don't feel like it.
4. **We can begin to re-label the situation by immediately thinking of one positive aspect of the situation that we are grateful for.** This helps a lot. A woman tells a story about a very positive experience from her high school years. It seems her typing skills were terrible, and she was ready to drop the class. There was a pop test in class one day, and the students had two minutes to type a page. This woman misspelled almost every word on the page. She just blew it, but you know what her teacher said? The teacher complimented her on the nice straight margins on her paper! Does that sound trivial? It's not. Sometimes we just have to find that first "right thing" before we can begin to put together a positive plan of action.
5. **We can trust and follow God, intentionally remembering He is in charge of our lives and our ultimate destiny.** As you know I traveled a great deal on my job before retiring. Once I got lost in a snow storm and couldn't see my way out. Finally I saw the faint tail lights of the car ahead. It took me three times as long to get to my destination, as I slowly followed those tail lights but I made it! Tired and frustrated, I finally saw the street I was searching for. You know it may seem faint and hopeless sometimes, but God is always there guiding our path, especially on those '**Ouch**' days!