

Summer Fun



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Part 6: Don't Give Away Your Power

We can't control our circumstances, but we can control our reactions.

Life is ten percent what happens to us and ninety percent how we respond.

"No one can take away your joy." (John 16:22)

1. Be _____

"Stop allowing yourself to be agitated and disturbed." (John 14:27 AMP)

When you allow what someone says or does to upset you, you're allowing that person to control you. When you say, "You make me so mad," what you're really doing is admitting that you're giving away your power.

What a person says about you does not define who you are. They have every right to have an opinion, and you have every right to ignore it.

2. Practice _____

“Blessed are the meek, for they will inherit the earth.” (Matthew 5:5)

Meekness is not weakness. It's strength under control.

“Be calm, cool, and steady.” (2 Timothy 4:5)

3. Keep _____

The Law of the Garbage Truck: If somebody dumps a load on you, don't get upset. Don't get angry. Don't take it personal. If you make that mistake, you'll just end up carrying their load of garbage around and eventually you'll dump it on somebody else.

4. Emotions are controlled by _____ **or** _____

A small pot boils the quickest. You can tell how big a person is by what it takes to get him upset.

If it's you, make a change. If it's someone else, don't let them steal your joy.