

**SUBMIT A
COMPLAINT**



**14 DO EVERYTHING WITHOUT GRUMBLING
OR ARGUING,**
**15 SO THAT YOU MAY BECOME BLAMELESS
AND PURE, “CHILDREN OF GOD WITHOUT
FAULT IN A WARPED AND CROOKED
GENERATION.” THEN YOU WILL SHINE
AMONG THEM LIKE STARS IN THE SKY**

(Philippians 2: 14-15)

**IN EVERYTHING
GIVE THANKS**

1 Thessalonians 5:18

GRATITUDE DOES YOUR BODY GOOD

- Higher levels of well-being/ optimism
- Better sleep quality
- Lower levels of inflammation
- Lower stress hormones
- Lower levels of depression/ anxiety
- Improved heart health
- Lower risk of developing artery disease

**DON'T BE
A NEGATIVE
STORM CHASER**



**TIME TO
CLEAN
THE TEMPLE**

