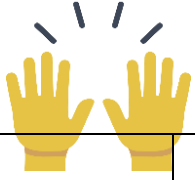




# Praise Report Log



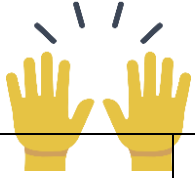
Date	Name	Testimonial Reports
12/19/2019	Sister Antoinette	Shared a while ago that her aunt Sherry would have to undergo surgery to rid cancer. Sister Toni asked us to keep her aunt in prayer, specifically that the surgery performed would be a success. And with great joy, Sister Toni praises the Lord that the procedure done on her aunt Sherry to rid the cancer was a success! Praise the Lord! Sister Toni's aunt is well and doing much better. God is so good isn't He?! Amen.
12/19/2019	Sister Victoria	Shares a word of encouragement from the SOP by Ellen G white: "The Lord looks upon our afflictions. He graciously and discriminately metes them out and apportions them. As a refiner of silver He watches us every moment until the purification is complete. The furnace is to purify and refine, not to destroy and consume. He will cause those who put their trust in Him to sing of mercies in the midst of judgments. He is ever watching to impart, when most needed, new and fresh blessings, strength in the hour of weakness, succor in the hour of danger, friends in the hour of loneliness, sympathy, human and divine, in the hour of sorrow. We are homeward bound. He that loveth us so much as to die for us hath builded for us a city. The New Jerusalem is our place of rest. There will be no sadness in the City of God. No wail of sadness. No dirge of crushed hopes and buried affection shall ever more be heard..." Letter 37, 1893. {DG 224.1} What a blessing to look forward to! A reminder that our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory! Amen.
12/19/2019	Sister Victoria	Shares tips of encouragement for the holiday season: <b>5 Ways to Stay Positive During the Holidays</b> 1. <b>Focus on what's going right.</b> No matter how tough things are for you, there is at least one thing that's going right. It might be a small thing -- like your ability to still get out of bed in the morning -- but size doesn't matter. Instead of focusing on the hardest things, the things that are bringing you down, choose to focus on the things, however small, that are going right for you right now. There are good things happening around you, but it's up to you to open your eyes and look for them. You will see what you're looking for.



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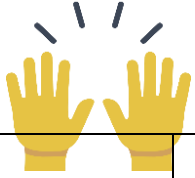


2. **Realize you're not alone.** As much as you might feel like you're only one suffering during the holidays, you are not alone. Sadly, there are many who are having a hard time this holiday season. Just remembering that you are not alone in dealing with the difficult holiday season will help you to feel more positive. Also, keep in mind that there are others who are in much, much worse situations than you are and, as bad as things are now, they could probably be worse. I know that doesn't sound very positive, but it's always good to put things in perspective. Doing so really will help you be more positive.
3. **Make an effort to interact.** When you're unhappy it can be so tempting to stay inside, tucked away from others, but that's one of the worst things you can do for yourself -- especially during the holidays. You might not feel like interacting with others at all, but if you motivate yourself to get up, get out, and interact, you'll certainly improve your mood. Don't let your unhappiness hold you back. Get out there and give others a chance to cheer you. You definitely won't feel better if you stay alone all of the time, but you might just get a mood boost if you venture out and give others a chance.
4. **Spend time with those less fortunate.** A great way to lift your spirits is to realize how lucky you are. One of the quickest ways to put your life in perspective is to spend time with others less fortunate than you. Around the holidays there are often great volunteer opportunities. Check your community's website or contact an organization you'd like to help out. When you find an opportunity to help others, take it. It will brighten your mood to spend time with others, especially those who are also struggling during the season.
5. **Look at the big picture.** Right now you might be feeling down. Everyone else's cheerful moods might be driving you crazy. But take a step back and try to see the big picture. This year might be tough. Next year might be hard too. But you know what? There will be a holiday season when you will be one of those laughing and smiling and spreading holiday cheer. Stay positive and focus on the good things in your life and you will once



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		again be lifted up by the spirit of the holidays. May all be blessed this holiday season!	