

No matter what age you are, you can be young at heart, full of faith, energy, and creativity. Your spirit never ages. You don't have to get old and moody. You can stay young in spirit. The way that happens is to give no place to the negative. Get in the habit of emptying out any offenses, knowing that God is fully in control, and will do what He promised despite what comes against you. Empty out the stress, worry and anxiety. If you made a mistake, empty out the guilt. If you didn't do your best, empty out the regret. If you were upset because you didn't get the credit you deserved, empty out the self-pity and bitterness. If you had a bad break, and you don't understand why, empty out the questions. Don't try to figure it all out. If you empty out the negative every day, you will be strong, vibrant, full of faith, and full of hope, joy and peace.

Proverbs 14:30 "A relaxed attitude lengthens a man's life; jealousy rots it away."