

TEN STEPS TOWARD HOPE

1. **VERTICAL RELATIONSHIP CHECK:** Am I walking with God in religion or relationship?
2. **REMOVE THE GLASSES:** Do you see the stain or the heart of others?
3. **PRACTICE GRATITUDE:** What can you be thankful for today?
4. **WATCH YOUR MOUTH:** What excuses am I making for my behavior?
5. **PLACE BOUNDARY MARKERS:** What have I taken ownership of that I need to let go?
6. **SUIT UP WITH ARMOR:** What or who am I battling against? Flesh & blood or the Devil?
7. **BEND A KNEE:** Am I kneeling before the Lord, allowing him to challenge me?
8. **L.O.L.:** Am I laughing? Am I finding joy in this life? Am I living free?
9. **LINK ARMS:** Who am I in community with that will challenge me?
10. **USE YOUR VOICE:** Am I willing to share my testimony so that God can receive the glory?