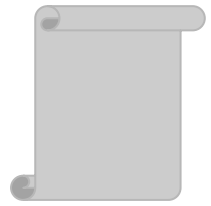




*What can you do to help yourself have healthy thoughts and motives?*



*Journal Reflection*  
*Matthew*  
*15:10-20*



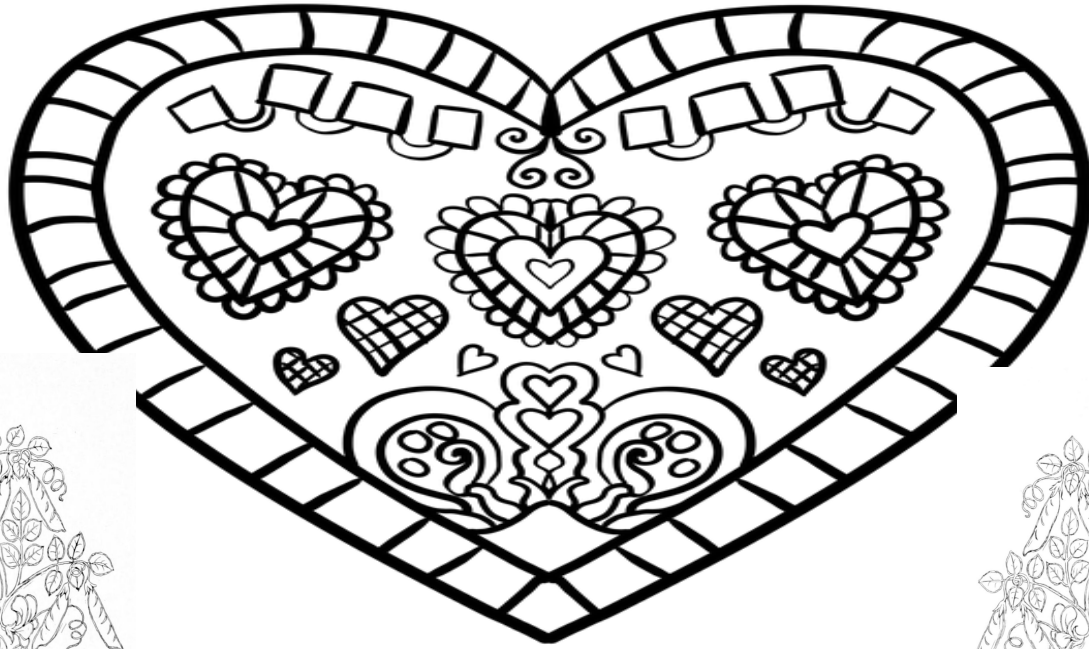
**What you say should reflect Jesus' light!**



**How does the world hear you?**

What are you like on the inside?





**But the things that come out of  
the mouth, come from the heart.**

Matthew 15:18

# You Can Shine For God

Quotes for each day:

- \*We are not the final point of our blessings. We are blessed so we can be a blessing to others!
- \*The Light of the World has already come. Be a part of His light!
- \*Remember the size of your heart is the only measurement God cares about.
- \*Let your life be your sermon.
- \*In this world you can be anything you want- BE KIND!
- \*Happiness is a product of attitude and thought. It comes from you, not to you.
- \*Sometimes to show love you have to get your hands dirty.

