

## CELEBRATIONS      OPTIMISM

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENES.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

### LIFE APPLICATION QUESTIONS

Please now focus on some life application questions regarding optimism. Also review them carefully and make time to consider the questions and then apply what you are learning to your life.

Stories abound of missionaries who faced incredible odds. Their children died of malaria; they lived in very poor housing; they had to travel under difficult circumstances. Some were often ridiculed; others saw very few results of their labours. Many were single with very few chances to meet with friends. And all this while living thousands of miles from their homeland and families. In spite of the hardships and sacrifices, however, they did it joyfully and willingly.

- What gave them that optimism?
- What choices do I have to make in order to be selfless and optimistic like that?
- What devastating event have I experienced in my life that made me feel as if my world had caved in around me?
- Did I choose to have hope in that situation?
- What, if anything, gave me that hope and assurance?
- If something like that happens again, what extra sources of hope can I tap into?
- Which promises of Scripture will I choose to memorise?
- In most situations am I more likely to see the positive aspects or the negative ones?
- How can I change my perspective to become more optimistic, even while being realistic?
- What can I do so that I look for opportunities rather than difficulties?
- When was the last time I experienced genuine, relaxing laughter, so that my lungs got exercise and my whole body did a little internal jogging?
- What triggered this event?
- What choices will put me in this situation more often?
- How do I make wise decisions in the choice of my friends, what I view on TV, what I read?
- How can I adjust my view of God, so that I can be joyful without feeling guilty?
- How can I nurture positive thoughts and emotions about people and situations?
- How can I balance the bad news I hear with the good news of the gospel?
- Do the stories I read or the movies I watch give me confidence that God is in control and working toward the salvation of the world and a better world to come?