

Katy United Volleyball Club
United Moment 4/19/2020

Better Or Bitter

Will I Get Back Into Life Better or Bitter?
Do I See and Use the Gifts I've Been Given?

Go grab 3 pieces of paper and a dark colored marker
Write Yes on one, No on the 2nd and leave the next one blank

Ok, I'm going to read some statements about taking care of your body and mind. You hold up either YES OR NO

- I'm tired of being at home all the time.
- I was happy to hear we would not go back to school this year.
- I get mad at my brother or sister a lot.
- I'm working really hard to make good grades.
- I exercise my body and work on volleyball drills 5-6 days a week.
- I eat 3 meals every day that are full of foods that are good for me.
- I drink lots of water.
- I get mad at my parents when they ask me to do things around the house.
- I'm going to bed early and waking up early?

AND LASTLY...THINK THIS THROUGH

- I look for the silver lining, the good things in each day.

So now that you have said Yes or No to these questions...how do you feel you are handling this time while we have to stay at home?

If you said "NO" to some of the things that will make you better...you could be Bitter when this is all changed back.

Let me explain...

We tend to blame others for our failures and inability to do well.

For Instance....

1. I don't drink much water, I choose sodas and fruit juices because my mom buys those.

2. I don't do volleyball skills at home because my coach didn't tell me exactly how many days to do them per week.
3. I didn't do well on my online test because my teacher didn't tell me what all was going to be on the test.
4. I don't feel happy because my brother or sister keeps coming in my room.

All of these actions and feelings are basically in your control!

The Bible says in

Galatians 6:4-5 (NLT)

Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. For we are each responsible for our own conduct.

Philippians 2:14 (NLT)

Do EVERYTHING without complaining and arguing

We may also want to blame God for NOT being able to do our best or for our circumstances being harder than normal.

So that makes me turn to scripture that says...

Romans 8:28 (NLT)

And we know that God causes EVERYTHING to work together for the good of those who love God

1 Thessalonians 5:18 (NLT)

Be thankful in ALL circumstances, for this is God's will for you

Your circumstances may be really bad, but God has given you everything you need to do well. You just have to see it and use it.

Stop and think of what it feels like when you give someone something that could make them joyful and helps them in life.

It feels so good right!

Now, think of that same situation but when you gave it...THEY DIDN'T SAY THANK YOU. DIDN'T USE IT. DIDN'T LOVE IT. AND THEIR LIFE WAS A HARDER BECAUSE THEY DIDN'T USE IT.

So God has given us so many good things. Good “gifts”. Not only things we can touch and see but also peace and joy in our hearts and minds.

Having a thankful heart and mind has been proven to increase happiness and decrease sad feelings. It's hard to feel sad when **you** focus on the good.

I know WE WILL all have sad days. We will feel alone, let down and angry, but try to look to see what you can control in the situation and fix that. For me, I get tired from cooking 3-5 times a day. Constantly doing dishes, trying to keep the home picked up with 7 people living here and still get my work done and exercise. Sometimes I blame my family for getting in the way of me doing well. But what I need to see is that I'm blessed to have my whole family here with me right now. We are well and we have all we need. That changes my heart from being bitter to being better.

Take that blank piece of paper out. When we get off the call, spend 5 minutes writing out things that you can do better. Ask yourself, why aren't you doing them the best you can right now and make a plan to pick a couple each day to do what you need to do to fix that.

Watch for things in your week that makes you feel bitter. Have a yucky feeling in your mind and do something to make that better.

Remember, God doesn't give us more than we can handle so take responsibility for what you need to do and do it.