

1. **Wake Up**--Decide to have a good day. "For as he thinks in his heart, so is he..." (Prov. 23:7), and "Rejoice in the Lord always, and again I say rejoice" (Phil 4:4).
2. **Dress Up**--The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks. "The Lord sees not as man sees; for man looks on the outward appearance, but the Lord looks on the heart" (1Sam. 16:7).
3. **Button Up**--Say nice things and learn to listen. God gave us two ears and one mouth so He must have meant for us to do twice as much listening as talking. "He that keeps his mouth keeps his life" (Prov. 13:3). Also see Prov. 20:19; 19:20.
4. **Stand Up**--For what you believe in. Stand for something or you will fall for anything. "And let us not be weary in well doing: for in due season we shall reap, if we faint not. As we have therefore opportunity let us do good unto all men, especially unto them who are of the household of faith" (Gal. 6:9-10).
5. **Look Up**--To the Lord. "I can do all things through Christ who strengthens me" (Phil. 4:13).
6. **Reach Up**--For something higher. As Jiminy Cricket sings, "High Hopes" always try to better yourself. "Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace..." (Heb. 4:16).
7. **Lift Up**--Your prayers. "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known to God" (Phil. 4:6).

--From Glad Tidings of Good Things (Aug., 2000)

See you Sunday!

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