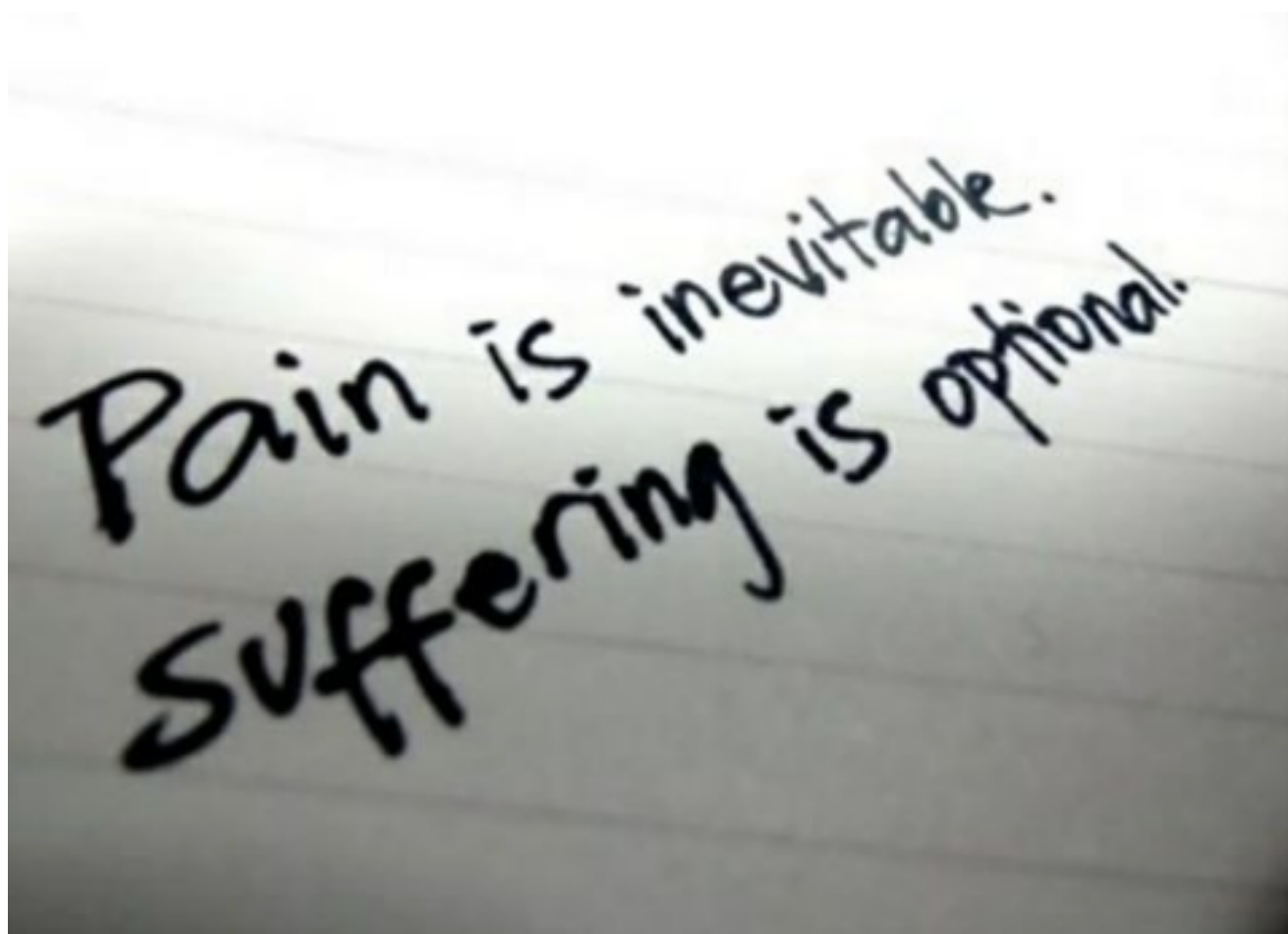


PAIN IS INEVITABLE



Pain is inevitable! Meaning, painful people, painful moments, painful circumstances and painful situations are coming to your door step whether you like it or not. No one wants to receive pain. However, pain schedules itself.

Mathew 6:34 says, *"so don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own."* The Bible proves to us that each day is prepped with its own worries.

**PAIN BECOMES
PERMANENT
WHEN YOU
REFUSE TO
CHANGE IT. -F.H.**

Worries are nothing but **PAINFUL OCCURRENCES**.

Since you understand that pain is inevitable what can you do about it? You can't stop it. You can't prevent it. However, you can **PLAN AGAINST IT**. The Bible told us that each day has its own worries but it **DIDN'T** say how many worries will come each day.

Some days may carry many worries and other days may have one worry. Despite the number, we know it will be something. To overcome the inevitable promised pain, **PLAN YOUR PLEASURES**.



Plan **POSITIVE** things throughout the day. Here are some things you can do to outweigh the worries of each day.

1. Speak positive affirmations at the beginning of your day.
2. Practice gratitude and thankfulness. It influences your perspective and attitude on life.
3. Schedule 5min phone calls with positive and joyful people so you can stay hopeful and excited.
4. Take a moment to mediate and think of the good things in your life.

5. Make it a priority to be a light in someone's life. Joy comes from giving to others.

These are some of the things you can do to buffer the pain. Do not settle for being a victim to what comes at you. Fight the inevitable by **PLANNING** your joy!

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