









*What do you do
when someone
is rude to you?*





A person in a bright green shirt and black shorts is running away from the camera on a paved road that curves through a mountainous landscape. The background features large, rugged mountains with some snow or light-colored rock near the peaks. The sky is overcast. The overall scene is a scenic view of a runner in a natural, mountainous environment.

LESSONS FROM AN “OLD LADY”



A person in a bright green shirt and black shorts is running away from the camera on a paved road that curves through a mountainous landscape. The background features large, rugged mountains with some snow patches under a cloudy sky. The foreground shows a gravel shoulder and a fence line.

**CHOOSE THE
RIGHT BATTLE**

*What manner of
spirit are you of?*

LUKE 9:51-56 • JAMES 4:1



*The world hates you,
love them in return*

1 JOHN 3:13 • MATT 5:44





A person wearing a bright green shirt and black shorts is running away from the camera on a paved road that curves through a mountainous landscape. The background features large, rugged mountains with some snow patches under a cloudy sky. The foreground shows a gravel shoulder and a fence line.

**PUT YOURSELF IN
OTHER'S SHOES**

A person in a bright green shirt and black shorts is running away from the camera on a paved road that curves through a mountainous landscape. The background shows rolling hills and mountains under a hazy sky. The overall image has a dark, semi-transparent overlay.

*Connect rather
than complain*

COL 3:12-13 • ROM 15:1-2

A person in a bright green shirt and black shorts is running away from the camera on a paved road that curves through a mountainous, hazy landscape. The background shows rolling hills and mountains under a grey, overcast sky. The overall tone is somber and contemplative.

*Practice empathy
in all you do*

PHP 2:3-4 • MATT 7:12



A person in a bright green shirt and black shorts is running on a paved road that curves through a mountainous landscape. The road is flanked by a gravel shoulder and a fence. In the background, there are large, rugged mountains with some snow on their peaks under a cloudy sky. The overall scene is serene and scenic.

**WAIT AND PRAY
BEFORE REACTING**

*Don't get so
wound up!*

PSALM 37:8-9 • GEN 4:5-7

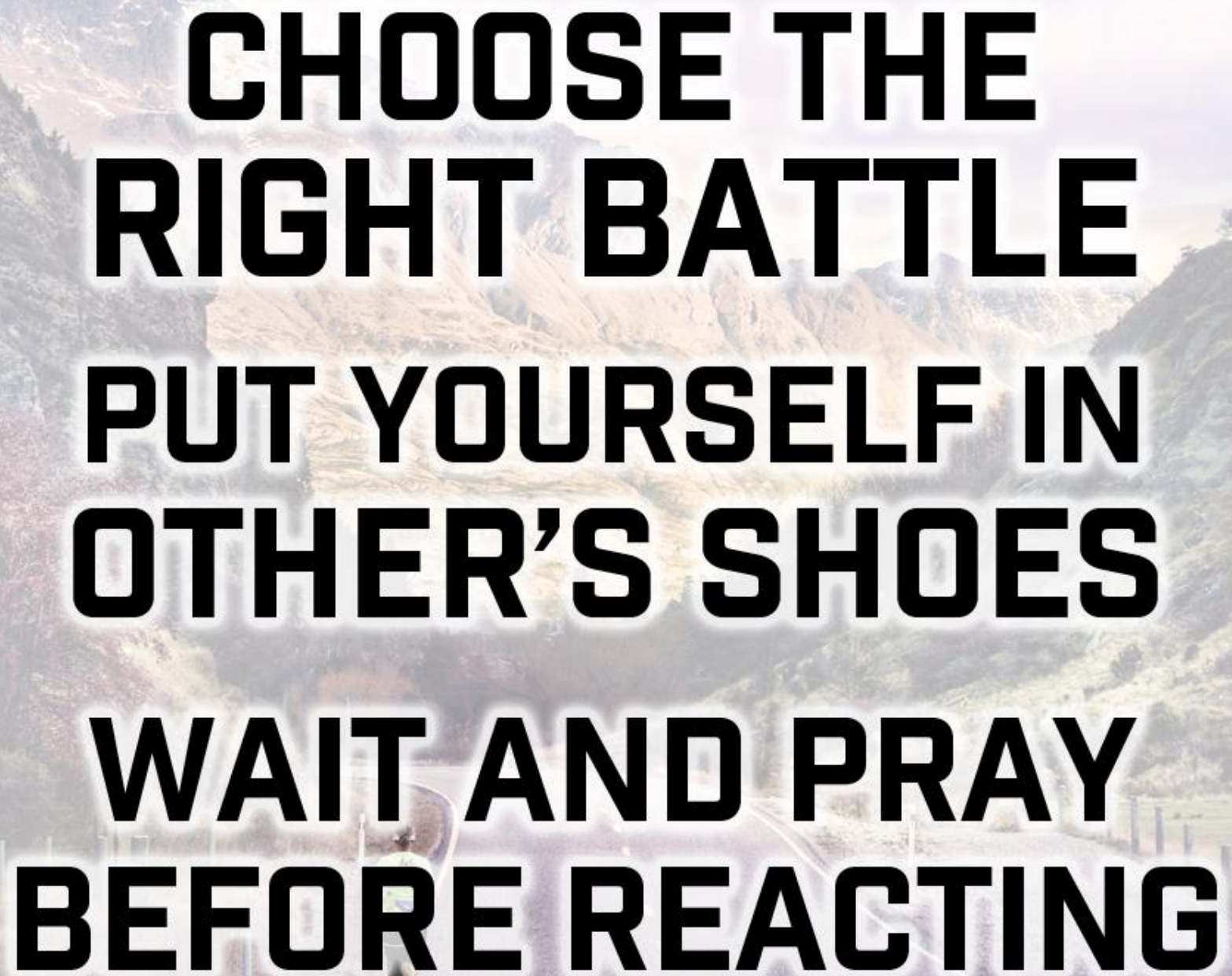


A person wearing a bright green shirt and black shorts is running away from the camera on a paved road that curves through a mountainous landscape. The background shows rolling hills and mountains under a clear sky. The overall image has a slightly desaturated, muted color palette.

*Pray for strength
to show love*

PHP 4:6 • JAMES 1:19-20



A person is running on a paved road that winds through a valley. The valley is surrounded by steep, forested mountains. In the distance, a mountain peak is visible under a cloudy sky. The overall scene is a scenic mountain landscape.

**CHOOSE THE
RIGHT BATTLE
PUT YOURSELF IN
OTHER'S SHOES
WAIT AND PRAY
BEFORE REACTING**

