



UP!

Lighten

Letting go of the baggage that weighs you down


Welcome!

Letting go of a bad attitude



A low-angle photograph of a tall, colorful building with many windows, reaching towards a bright blue sky filled with white, fluffy clouds. The building's facade is composed of various colored panels and windows, creating a vibrant, textured appearance. The sky is a deep blue, and the clouds are bright white, suggesting a clear, sunny day.

Attitude determines Altitude



*Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the Lord
will renew their strength.*


*They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.*

Isaiah 40:30-31



Factor #1: The Friction Factor

**Do I sense friction
in my relationship
with the Lord?**



*Dear friends, if our hearts
do not condemn us,
we have confidence before God
and receive from Him
anything we ask,
because we obey his commands
and do what pleases him.*


1 John 3:21-22






Factor #2: The Feeling Factor

**Am I waiting
for a change in my feelings
to bring about
a change in my attitude?**

A vertical strip of colorful, stacked blocks, possibly LEGO, runs along the left edge of the image. The blocks are in various colors including red, yellow, green, and brown, and are stacked in a somewhat haphazard manner.

*“Assume a cheerfulness you do not feel,
and shortly you will feel
that cheerfulness you assumed.”*




*...be filled with the Spirit
...sing and make music
in your heart to the Lord.*

Ephesians 5:18-19



Factor #3: The Friendship Factor

**Am I spending enough time
with people who fill my tank
or solely with people
and situations that drain me?**

A vertical strip of colorful, translucent blocks, possibly representing a wall or a decorative element, runs along the left edge of the image. The blocks are in various colors including red, yellow, green, and blue, and are stacked in a somewhat irregular manner.


*...we were harassed at every turn—
conflicts on the outside, fears within.
But God, who comforts the downcast,
comforted us by the coming of Titus.*

2 Corinthians 7:5-6



Factor #4: The Focus Factor

**Am I more focused
on my hope
or on my hurt?**



*May the God of hope fill you
with all joy and peace
as you trust in Him,
so that you may overflow
with hope by the power
of the Holy Spirit.*

Romans 15:13



Factor #4: The Focus Factor

**Am I more focused
on my hope
or on my hurt?**



Factor #5: The Faith Factor

**Am I walking and talking faith
or walking and talking fear?**