



## Live Positive in a Negative World

*Is hope absent in your life today?*

“Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.” (Romans 5:5)

### IDEAS FOR REFLECTION

*Has your hope been overshadowed by your fears and failures? What picture of the future have you embraced?*

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### JOURNAL YOUR THOUGHTS

*When looking at half a glass of water, do you see it half full or half empty? This little piece of information could tell you something about your perspective on the future.*

*I challenge you to make an experiment. Ask your family or close friends the same question you asked yourself above. What are the results?*

*Based on this experiment you may be able to short-circuit negativity and create a positive outlook on tomorrow. It is a fact that our brains can be wired to think positively or negatively.*

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### MY PRAYER

*Lord Jesus, I thank you for opening my eyes to the potential that is all around me. Help me to release my fears and failures, and create a new picture of the future!*

*For further studies on this subject and others like it, please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 16A—Hope.*