Feeling Good

Rex Williams <noreply@churchofjesuschrist.org>   Sat, May 22, 2021 at 12:31 PM
Reply-To: bishoprexawilliams@gmail.com
To: bishoprexawilliams@gmail.com

Hello friend,

How do you feel? Are you feeling okay? I hope so. There are a lot of things that can cause us to feel bad, being treated poorly, an argument with a family member, disturbing news, and a myriad of other experiences.

This is part of life, but we don't have to let the feeling stay for long. There are things we can do to help us feel better. Of course, we should try and do what we can to make restitution, if we can talk with someone and work things out, but what about the things where we can't really take any action to change the situation?

Those seem especially disturbing.

Well, ultimately, the way I see it, there are two options:

1) You can keep thinking about how awful the situation is, and how bad it is making you feel, replaying the situation over and over again in your mind, and feeling more and more awful about it,

Or

2) You can choose to think about something else. What is something that would make you laugh? What makes you happy? What experience in your life was the greatest thing ever? What are you truly grateful for? You can choose to think about those things and literally change how you feel. Our minds are very powerful.

Now, I know it's kind of hard for us to switch emotions quickly like that, but young children do it all the time. One minute they'll be crying their eyes out as if the whole world is coming to an end (and the trauma is real for them, that's why they're crying like that) but a second later, when you show them their favorite toy or make a funny face, they are laughing. It's truly an incredible feat (and sometimes exhausting for parents.) Maybe as adults we can't switch that fast, but it is possible to switch. We can choose what we think about.

Of course, our Heavenly Father knows our thoughts too. In fact, He is the only one.

"Yea, I tell thee, that thou mayest know that there is none else save God that knowest thy thoughts and the intents of thy heart." (D&C 6:16)

So, we can turn to Him in prayer when we are feeling down, discouraged, or sad. Similar to how we can change a young child's demeanor because we know the bigger picture, our Heavenly Father can help us see the light and remember the things that make us happy. We are His children after all. And He knows a lot more than us.

He encourages us to focus on Him.

"Look unto me in every thought; doubt not, fear not." (D&C 6: 36)

I know there are many things in this world or in our life experience that can cause us sadness and to feel bad. But we also have just as many things to be cheerful about. If you want to feel better, think about those things. I know it doesn't change the actual situation, but feeling bad about it doesn't help either. So, we're better off feeling good.

Jesus Christ gave us the best reason to be cheerful. He atoned for our sins and made it possible for us to experience the full glory of His and our Heavenly Father's presence.

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." (John 16:33)

I hope after reading this you feel a little better and can 'be of good cheer.' It's amazing how simple words can affect our thoughts, which affect how we feel.

Let's feel good, okay?

Take care,

Bishop Williams

P.S.

You can always read the wonderful inspirational stories on our ward web site to cheer you up. Or write one yourself to share. Help someone else feel good. http://pennycreek.org

Tomorrow is the 4th Sunday so we will have an Elders Quorum meeting, along with the youth class and quorum meetings during the second hour of church at 10:10am

Here's our sacrament meeting link for 9:00am:

https://zoom.us/j/92685846361