

Winning With The Hand You Are Dealt




The Five Cards We are Dealt:

1. Chemistry
2. Connections
3. Circumstances
4. Consciousness
5. Choices



WINNING WITH THE HAND YOU ARE DEALT!

A photograph of a forest path. On the left, a large, moss-covered tree trunk is visible. The path is covered in fallen leaves, and the background shows a body of water and more trees, all slightly out of focus.

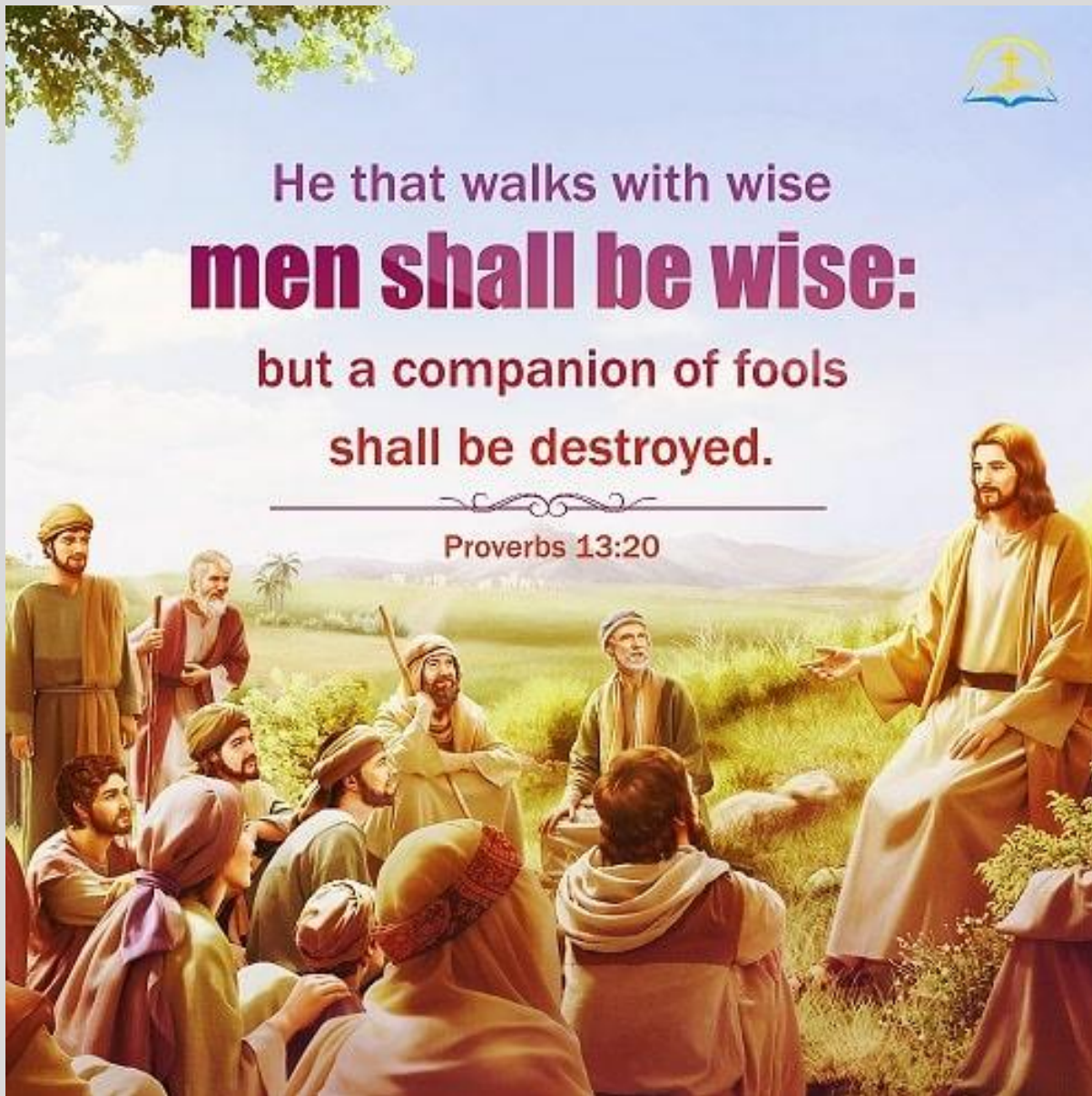
Things work out best for those who make
the best of the way things work out

John Wooden

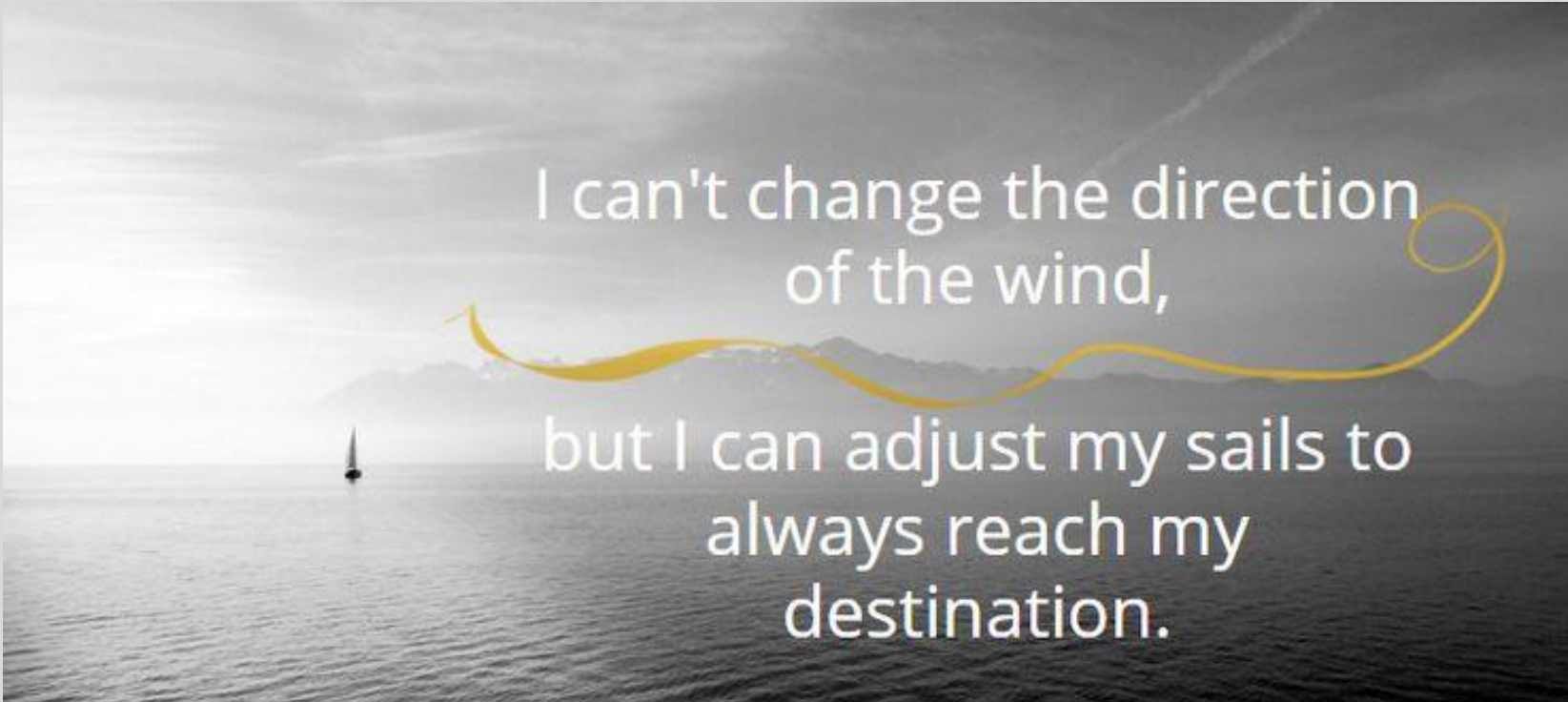


He that walks with wise
men shall be wise:
but a companion of fools
shall be destroyed.

Proverbs 13:20



**KEEP
CALM
AND BE
RESPONSE
ABLE**



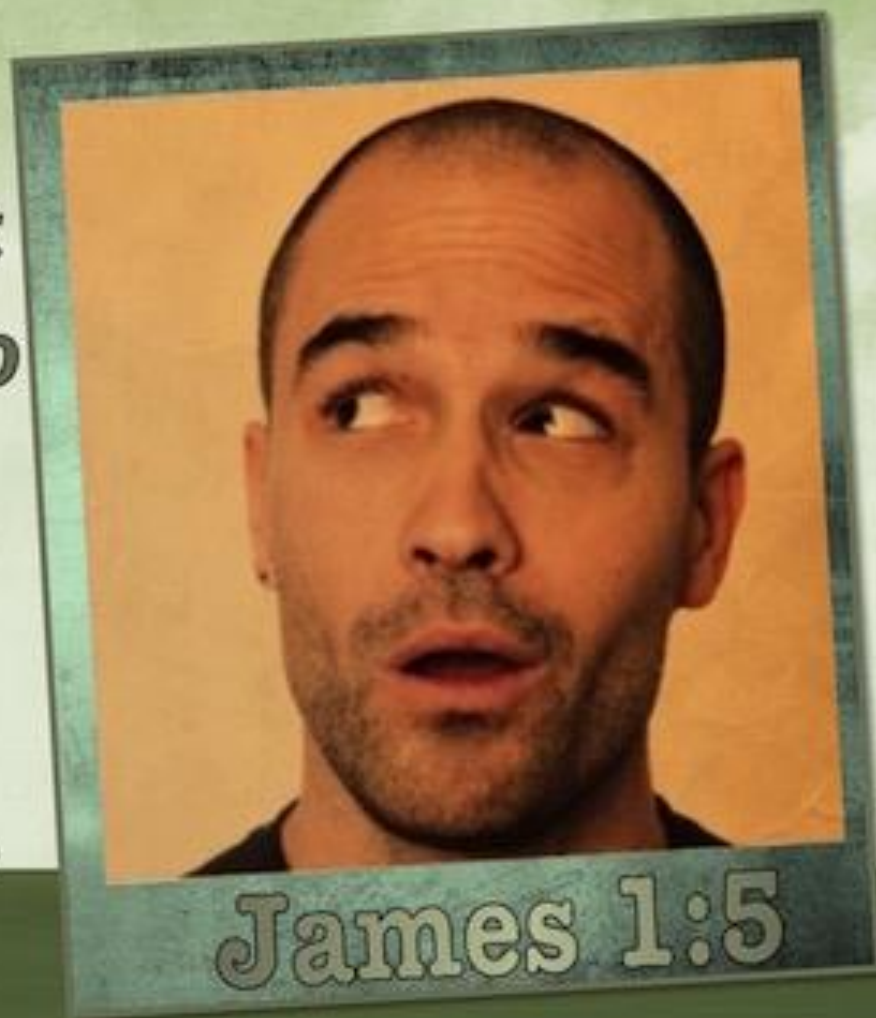
I can't change the direction
of the wind,

but I can adjust my sails to
always reach my
destination.

Wisdom is the principal thing;
therefore get wisdom.
(Proverbs 4:7)



*If any of you
lacks wisdom, let
him ask God, who
gives generously
to all without
reproach, and it
will be given him.*



Five winning choices:



1.

2.

3.

4.

5.

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Five winning choices:



1. **I can choose to get healthier**

2.

3.

4.

5.

WINNING WITH THE HAND YOU ARE DEALT!



**OR DO YOU NOT KNOW THAT YOUR
BODY IS THE TEMPLE OF THE
HOLY SPIRIT WHO IS IN YOU, WHOM
YOU HAVE FROM GOD, AND YOU
ARE NOT YOUR OWN?**

1 CORINTHIANS 6:19

Psalm 119:73

NASU

**Your hands made me and fashioned me;
give me understanding, that I may learn
your commandments.**

Now give me sense to heed your laws.

WINNING WITH THE HAND YOU ARE DEALT!



Exercise
Regularly

Eat
Healthy

Healthy
Life

Reduce
Stress

Drink
Plenty of
Water



- *Enhances sense of accomplishment/self-esteem

- *Improves sleep

- *Increases flexibility

- *Builds collateral circulation

- *Helps manage stress

- *Helps improve strength, stamina, energy, functionality ...the list goes on

Five winning choices:

1. I can choose to get healthier
2. **I can choose to deepen my relationships**
- 3.
- 4.
- 5.

WINNING WITH THE HAND YOU ARE DEALT!



**is what prevents
connection.**

Awkward won't kill me!

1 John 4:18

New International Version

There is no fear in love,
but perfect love
casts out fear.

1 John 4:18



WINNING WITH THE HAND YOU ARE DEALT!

Humility is not thinking
less of yourself,
but thinking
of yourself less.

- C.S. Lewis



**DO THE THING YOU
FEAR MOST AND THE
DEATH OF FEAR IS
CERTAIN.**



Mark Twain

American Author and Humorist
(1835-1910)

QuoteHD.com



**DO WHAT YOU FEAR
AND FEAR DISAPPEARS**

Love

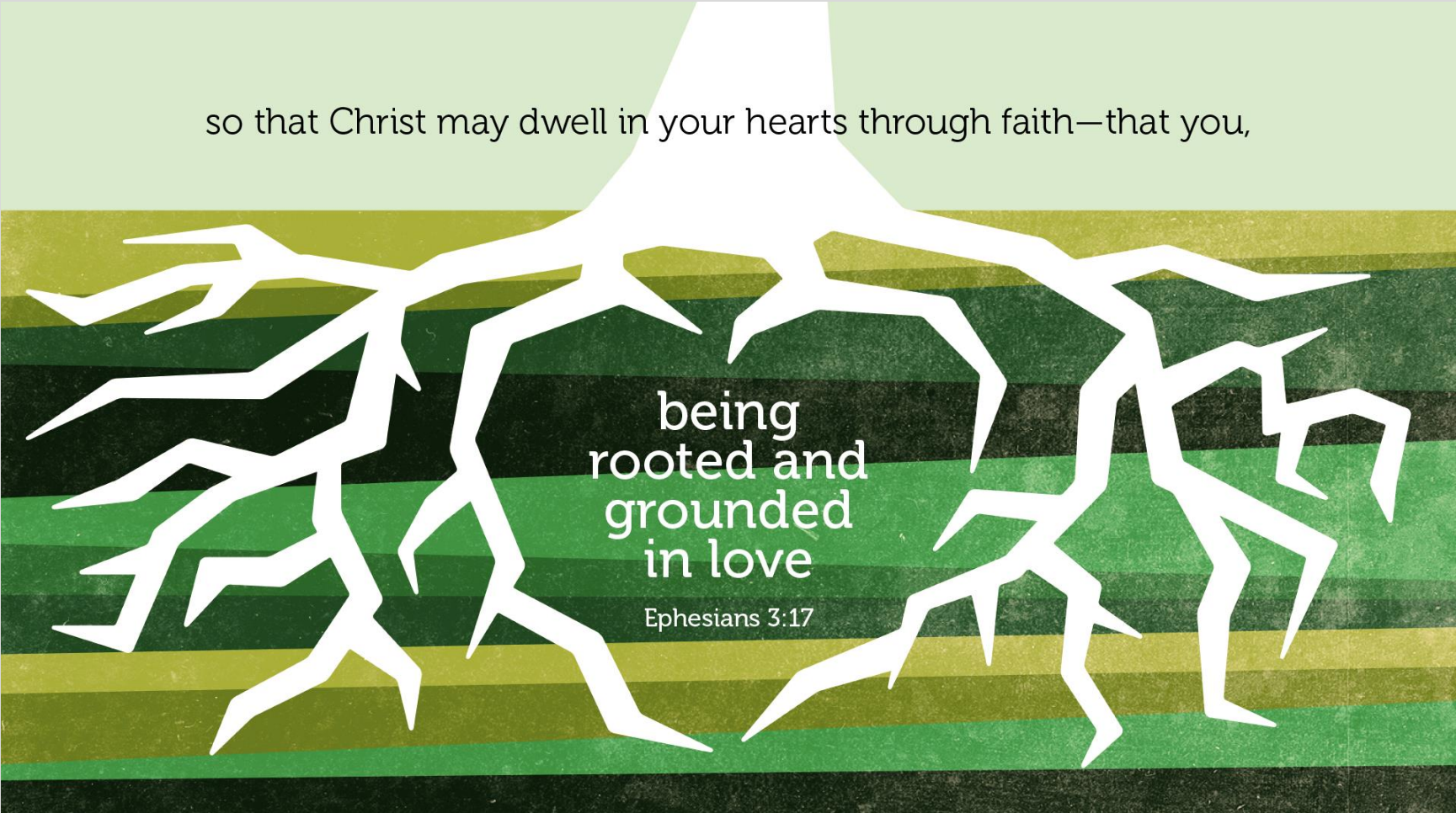
Let love be our
highest goal

✠
1 Corinthians 14:1

WINNING WITH THE HAND YOU ARE DEALT!

Ephesians 3:17

so that Christ may dwell in your hearts through faith—that you,



being
rooted and
grounded
in love

Ephesians 3:17

WINNING WITH THE HAND YOU ARE DEALT!

Five winning choices:

1. I can choose to get healthier
2. I can choose to deepen my relationships
3. **I can choose to trust God**
- 4.
- 5.

WINNING WITH THE HAND YOU ARE DEALT!

I shall bless the LORD at ALL times
His praise shall continually
be in my mouth

Psalm 34:1



WINNING WITH THE HAND YOU ARE DEALT!

I will praise the Lord no matter what happens!



Dear God,
I thank and praise
you right now, for you
are worthy of all my
praise. No matter what
may happen to me,
I will trust you. You
have not forgotten
where I am.
Amen.

**Romans
8:28**

WINNING WITH THE HAND YOU ARE DEALT!

**I'm a product of my past,
but I'm not a prisoner of it.**

The more anger
towards the past you
carry in your heart,
the less capable you
are of loving in the
present.

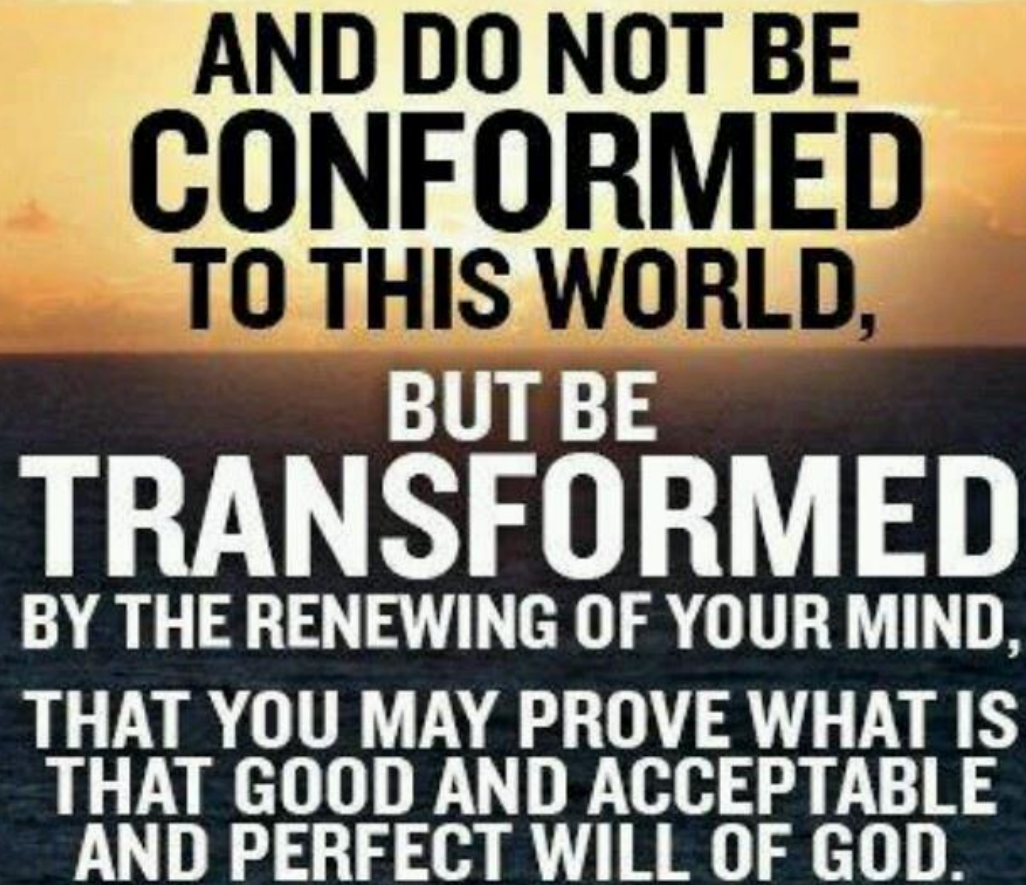
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Five winning choices:



1. I can choose to get healthier
2. I can choose to deepen my relationships
3. I can choose to trust God
4. **I can choose what I think about**
- 5.

WINNING WITH THE HAND YOU ARE DEALT!

A sunset over the ocean with text overlay. The sky is a mix of orange and yellow, and the water is dark blue. The text is centered and reads:

**AND DO NOT BE
CONFORMED
TO THIS WORLD,
BUT BE
TRANSFORMED
BY THE RENEWING OF YOUR MIND,
THAT YOU MAY PROVE WHAT IS
THAT GOOD AND ACCEPTABLE
AND PERFECT WILL OF GOD.**

ROMANS 12:2

WINNING WITH THE HAND YOU ARE DEALT!

**If anyone
is in
Christ,
there is
a new
*creation.***



2 Corinthians 5:17, NRSV

Finally, brothers,
whatever is true,
whatever is honorable,
whatever is just,
whatever is pure,
whatever is lovely,
whatever is commendable,
if there is any excellence,
if there is anything
worthy of praise,

**THINK
ABOUT
THESE
THINGS.**

PHILIPPIANS 4:8

Bible Screen

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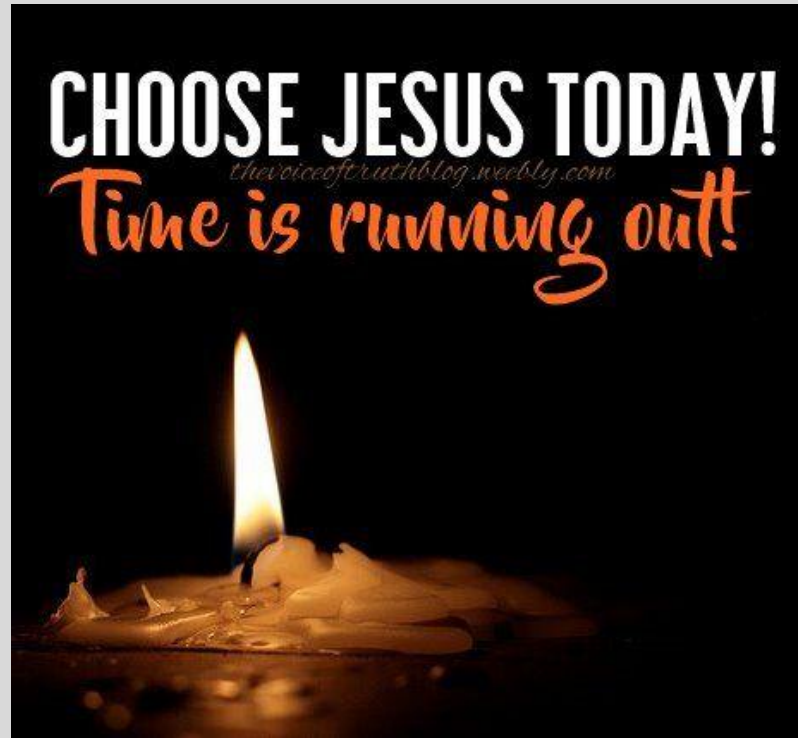
WINNING WITH THE HAND YOU ARE DEALT!

Five winning choices:



1. I can choose to get healthier
2. I can choose to deepen my relationships
3. I can choose to trust God
4. I can choose what I think about
5. **I can choose Jesus as my Savior**

WINNING WITH THE HAND YOU ARE DEALT!



**Let Jesus be your
Savior every day!**

WINNING WITH THE HAND YOU ARE DEALT!

**You Will Win With The
Hand You've Been Dealt!**

