



Optimist

The glass is half-full.

Pessimist

The glass is half-empty.

Physicist

Technically the glass is always full—it's simply a question of what fills it.

Your schedule will be 100% full in 2021. The only question is what will you fill your time with this year?

¹ Then Jesus said to the crowds and to his disciples: 2 "The teachers of the law and the Pharisees sit in Moses' seat. ³ So you must be careful to do everything they tell you. But do not do what they do, for they do not practice what they preach.

⁴ They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them.

They make their phylacteries wide and the tassels on their garments long; ⁶ they love the place of honor at banquets and the most important seats in the synagogues; ⁷ they love to be greeted with respect in the marketplaces and to be called 'Rabbi' by others.

⁸ "But you are not to be called 'Rabbi,' for you have one Teacher, and you are all brothers. ⁹ And do not call anyone on earth 'father,' for you have one Father, and he is in heaven. ¹⁰ Nor are you to be called instructors, for you have one Instructor, the Messiah.

- ¹¹ The greatest among you will be your servant.
- ¹² For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

If you're engaging in moral judgements, inconsistency is hypocrisy.

MATTHEW 5:3

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

MATTHEW 23:13

"Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the door of the kingdom of heaven in people's faces. You yourselves do not enter, nor will you let those enter who are trying to.

God wants to fill your life with good things in 2021, but you first might need to empty yourself to make room for His grace.

Americans' Assessment of Their Mental Health, 2001-2020

How would you describe your own mental health or emotional wellbeing at this time? Would you say it is -excellent, good, only fair, or poor?

