

It's Flu Season



SS6919

ITS FLU SEASON BY BISHOP MANNING

1. Ecclesiastes 3:1 King James Version (KJV)
2. **3** To everything there is a season, and a time for every purpose under heaven: DON'T CATCH THE THE NEGATIVE FLU, IN TODAY'S LESSON, YOU WILL BE THOUGHT HOW TO AVOID BAD FLU GOSSIP, BAD COMPANY, ETC. AND JOIN IN INTO GOOD FLU LIKE SHADRACH IN THE FIRE.
3. BE IMPECCABLE WITH YOUR WORDS. SAY ONLY WHAT YOU MEAN, BECAUSE FLU SEASON IS HERE.
4. NOTHING LAST FOREVER, NOT EVEN YOUR EMOTION, EVERYTHING IS TEMPORARY.
5. NEVER MAKE PERMANENT DECISIONS ON TEMPORARY FEELINGS
6. Mark 11:12-14 King James Version (KJV)
7. **12** And on the morrow, when they were come from Bethany, he was hungry:
8. **13** And seeing a fig tree afar off having leaves, he came, if happily he might find any thing thereon: and when he came to it, he found nothing but leaves; for the time of figs was not yet.
9. **14** And Jesus answered and said unto it, No man eat fruit of thee hereafter for ever. And his disciples heard it.
10. **Shadrach, Meshach, and Abednego** are figures from chapter 3 of the Book of Daniel, three Hebrew men thrown into a fiery furnace by Nebuchadnezzar, king of Babylon, when they refuse to bow down to the king's image; the three are preserved from harm and the king sees four men walking in the flames, "the



The Four Agreements

by Don Miguel Ruiz

- **BE IMPECCABLE WITH YOUR WORD**
Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.
- **DON'T TAKE ANYTHING PERSONALLY**
Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
- **DON'T MAKE ASSUMPTIONS**
Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.
- **ALWAYS DO YOUR BEST**
Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.