

LOADS!

Joseph gathered very much grain, as the sand of the sea...

## Joseph Rules Egypt

### *Your famine times*

We all have good times and hard or difficult times. During good times, we can store up the good states of love and peace that we feel. The teachings for the New Church call these stored up states “remains”.

“Remains are all the states of love and charity, innocence and peace, with which a person is gifted.... Without these states a person is not a person.” *Arcana Coelestia* 1738

Remembering good times can help us to get through hard times. And even on our darkest days there are usually still a few moments that can lift us up.

### *Store up your good experiences*

*Something I did well today was...*

Think of one success you had today. It could be as simple as spontaneously holding the door for someone else and smiling.

*I feel grateful for the way...*

What good thing happened today? Was someone kind to you? Did you see or hear something beautiful?

*I'm really looking forward to...*

Anticipating something good can be almost enjoyable as experiencing it. What is coming up that brings you excitement and happiness?

Cut out the shaded doorhanger. Fold it in half and hang it over a door.

Blessed  
be the  
Lord,  
Who daily  
LOADS  
us with  
benefits.

Psalm 68:19