

# *Sakkie Parsons E-Pos Bediening*

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Ek het gedink dat hierdie spesiaal goed is. Wat dit vir my uitsonderlik goed maak, is die feit dat die skrif bewyse, nie net genoem word nie maar ook kwoteer word. Geniet dit.

## 7 UPS

Rules from God

### 1. Wake Up !!

Decide to have a good day.  
"Today is the day the Lord hath made;  
let us rejoice and be glad in it."

[Psalms 118:24](#)

### 2. Dress Up !!

The best way to dress up is to put on a smile.  
A smile is an inexpensive way to improve your looks.  
"The Lord does not look at the things man looks at.  
Man looks at outward appearance; but the Lord looks at the heart."

[I Samuel 16:7](#)

### 3. Shut Up!!

Say nice things and learn to listen.  
God gave us two ears and one mouth, so He must have meant  
for us to do twice as much listening as talking.  
"He who guards his lips guards his soul."

[Proverbs 13:3](#)

### 4. Stand Up!!--

For what you believe in.  
Stand for something or you will fall for anything  
"Let us not be weary in doing good; for at the proper time,  
we will reap a harvest if we do not give up.  
Therefore, as we have opportunity, let us do good.."

[Galatians 6:9-10](#)

## **5. Look Up !!...**

To the Lord.

"I can do everything through Christ who strengthens me."

**Philippians 4:13**

## **6. Reach Up !!...**

For something higher.

"Trust in the Lord with all your heart,  
and lean not unto your own understanding.

In all your ways, acknowledge Him,  
and He will direct your path."

**Proverbs 3:5-6**

## **7. Lift Up !!...**

Your Prayers.

"Do not worry about anything;  
instead PRAY ABOUT  
EVERYTHING."

**Philippians 4:6**

**Judas 1:24-25** *Aan Hom nou wat magtig is om julle vir struikeling te bewaar en julle sonder gebrek voor sy heerlikheid te stel met gejuig, **25**. aan die alleenwyse God, ons Verlosser, kom toe heerlikheid en majesteit, krag en mag, nou tot in alle ewigheid! Amen.*

*Groete  
Sakkie*

*Indien u hierdie e-pos lees en wel gereelde e-pos van my wil ontvang, stuur asseblief u volle e-pos adres in die "subject box" na [sparsons@absamail.co.za](mailto:sparsons@absamail.co.za)*

***Moet asseblief nie 'n leë e-pos stuur nie.***

*Aangesien ek blind is en gebruik maak van 'n sagteware program waar die rekenaar met my praat, sal ek nie weet of dit 'n foto of leë e-pos is wat ek ontvang nie. In albei gevalle sal my rekenaar net stil bly.*