



## **10 Ways To Use Rush Hour Traffic to Become A Happier Christian**

**Practice Forgiveness on Demand** (if you can't forgive, pray to want to forgive)

**Overcome pride** (the root cause of most anger – ie “how dare they do this to me?”)

**Build your faith in this promise** “all things work together for good to those who love God” Romans 8:28

**Draw Closer to God** Use the time for prayer and renewal of the spirit

**Invite the Holy Ghost** listen to inspiring speakers, scriptures on cd, hymns

**Watch for Christ's “tender mercies”**

**Live the golden rule**

**Go the extra mile** (be the Good Samaritan)

**Ask to see your fellow travelers as God sees them**

**Learn wisdom** Ask if this could have been avoided and how (Am I the cause of this?)