



I Declare: 31 Promises To Speak Over Your Life

Introduction to the book by Joel Osteen (to be continued next week)

Our words have creative power. Whenever we speak something, either good or bad, we give life to what we are saying. Too many people say negative things about themselves, about their families, and about their futures.

They say things such as, "I'll never be successful. This sickness will get the best of me. Business is so slow I don't think I will make it. Flu season is coming. I'll probably catch it."

They don't realize they are prophesying their futures.

The Scripture says, "We will eat the fruit of our words." That means we will get exactly what we've been saying. Here is the key; you've got to send your words out in the direction you want your life to go. You cannot talk defeat and expect to have victory. You can't talk lack and expect to have abundance. You will produce what you say.

If you want to know what you will be like five years from now, just listen to what you are saying about yourself.

With our words we can either bless our futures or we can curse our futures. That's why we should never say, "I'm not a good parent. I'm unattractive. I'm clumsy. I can't do anything right. I'll probably get laid off."

No, those thoughts may come to your mind, but don't make the mistake of verbalizing them. The moment you speak them out, you allow them to take root.

There have been plenty of times where I've thought something negative and I'm just about to say it, but I'll catch myself and think, No. I'll zip it up. I'm not speaking defeat into my future. I'm not speaking failure over my life. I will turn it around and speak favor into my future. I will declare, "I'm blessed. I'm strong. I'm healthy. This will be a great year." When you do that, you are blessing your future.

I have written this book of thirty-one declarations so you can bless your future one day at a time, one month at a time. My hope is that you will take just a moment each day to bless your future with one of these positive, inspiring, and encouraging declarations. If you read one declaration and story each day, I believe you will put yourself in a position for God's blessings.

When we were looking to renovate the former Compaq Center in Houston so it could serve as the new Lakewood Church, our architects told us the project would cost millions more than we'd originally estimated. I was shocked by the figures they gave us. After I got up off the ground, I thought, "That's impossible. I could never raise that much money. There is no way that will happen." The thoughts were there, but I knew better than to verbalize them. My attitude was, "If I prophesy my future I want to prophesy something good." I'm not saying what I feel. I'm not saying what it looks like in the real world. No, I'm saying what God says about me.

My declaration was, "God is supplying all of our needs. He is Jehovah-Jireh; the Lord our Provider. This may seem impossible but I know God can do the impossible. Where God gives vision He always provides provision."

I made sure to have a report of victory and we saw this dream come to pass. Proverbs 18:21 says, "Life and death are in the power of our tongue." What are you saying about your future?

What are you saying about your family? What are you saying about your finances? Make sure the words you are sending out are in the direction you want your life to go.



The Mind Reading Disaster

By John Gray

Faulty communication between the sexes is largely due to mistaken assumptions. One of the most common of those assumptions manifests itself as what we can call "mind reading".

Since men and women do not realize how different they are, they assume that they know what the other is thinking or feeling before it has been clearly stated.

True, women are quite accurate when mind reading other women because they are already so similar. Likewise, men can accurately read the minds of other men. When men and women start mind reading each other, trouble is inevitable.

Men and women mistakenly assume that they can correctly interpret or anticipate each other.

For example, sometimes in a conversation a man prematurely decides that he knows what a woman is saying. His error lies in assuming that she started out making the point she wanted to make as a man would. He may be listening and then, before the speaker is finished, says, "I got it, I got it." This works fine with another man, but to a woman his statement is preposterous. She knows that he can't know what she intends to say, because many times even she doesn't know. While sharing, she is in the process of finding out what she feels, thinks, or wants.

A man needs to understand that if a woman needs to talk, and if his desire is to support her, then his purpose in listening is not just to get the gist of what she is saying but to help her get it out. As she gets it out without being interrupted, her view might change midstream or she might completely change the subject. She may ask questions and then start answering them.

By expecting this to happen, he can avoid feeling frustrated. He needs to remember that just as he has to mull over his problems before talking about them, a woman needs to talk about her problems before she will have a definite opinion. If she feels overwhelmed by difficulties, just by talking about them she may feel better.



Bedtime Help - What To Do

By Carol Tuttle

Ah, the bedtime battle. You've been there. You read the children books, get glasses of water, or let your child stay up two more minutes that stretch into two more hours.

Eventually, you fall asleep on your child's bedroom floor and the whole evening feels wasted and frustrating. You wonder, "Why won't this child just go to sleep!" You dread tomorrow because you'll have to do it all over again.

The struggle can end. Maybe even tonight. Here's how:

Step 1: Identify the source of the resistance

Consider the possibility that your child isn't resisting bedtime - they are resisting your particular approach to bedtime.

Parents who are familiar with my Child Whisperer parenting method know that children express 4 general Types of natural energy. Some children are animated, while others are more subdued.

Every child is unique. They express their unique nature in the way they walk, talk, and move through life in general. The way your child moves through life is the way they need to move through bedtime.

Children naturally express one of four general types of movement. When you know which one of the 4 Types your own child expresses, you're on the road to knowing what they need for a fight-free bedtime. The key to a happy

bedtime is honoring your child's unique nature when it's time for sleep.

If you're not familiar with Child Whispering, here's a brief overview of the 4 Types of children:

The Fun-loving Type 1 Child: These children connect with the world socially and move through life with a bouncy energy. They are often described as animated or friendly and are sometimes negatively judged as hyper or flighty.

The Sensitive Type 2 Child: These children connect with the world emotionally and move through life with a gentle energy. They are often described as thoughtful or tender and are sometimes negatively judged as shy or overly sensitive.

The Determined Type 3 Child: These children connect with the world physically and move through life with a swift energy. They are often described as active or persistent and are sometimes negatively judged as pushy or demanding.

The More Serious Type 4 Child: These children connect with the world intellectually and move through life with a straightforward energy. They are often described as analytical or responsible and are sometimes negatively judged as critical or know-it-alls.

(Not sure about your child's Type? Find out by reading **The Child Whisperer**.)

Step 2: Customize bedtime for your child

A high-energy fun-loving child needs a different bedtime routine from a sensitive child's routine. Try to make them the same and someone will feel frustrated... most likely, you.

Here are 2 videos to watch. Video one shows what the first two Types of children need to make bedtime easy: <http://www.youtube.com/watch?v=EPTAOjEJ6G8>

Video two shows tips if you have a Determined Type 3 Child or More Serious Type 4 Child: <http://www.youtube.com/watch?v=U8SYOUqq174>

Because Determined Type 3 children connect to the world physically, they may need you to engage them physically before they fall asleep. If you've read their cues right, tickling or wrestling before bed won't rile them up. In fact, it may be just what they need to get out that last bit of energy before turning in.

More Serious Type 4 children live best by rules that they had a voice in creating. Ask them to help you decide on the best process before sleep. Ask them to help you establish rules long before bedtime—that way they will have time to mentally prepare for the bedtime structure that they helped to create.

Step 3: Be open to inspiration

As a parent, you receive inspiration that is unique to your child and your family. Consider the possibility that you can receive even more inspiration when you shift your perspective. Stop viewing bedtime as a fight and start seeing it as a secret message.

What is your child's resistance telling you? Does your child feel wound up or uncomfortable? Does your child feel too structured? Or not enough? Knowing your child's Type is a key to tuning into your child's unsaid messages.

Believe that the solution exists now, not at the end of a phase. Your child wants a happy experience as much as you want them to go to bed.

Above all, listen to your intuition. You'll know what to do.

Step 4: Enjoy your evening true to your own Type

Just like your child, you express one of the 4 Types. When you know how to help your child go to sleep easily, you give them what you need and you free up your evening for activities that honor your true nature.

Listen to your unique intuition about your child's bedtime needs. Honor both your nature and theirs each evening and bedtime will become a breeze. You can do it. Sweet dreams!

Compliments of the District 1 Marriage and Family Ministry, FFWPU

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