



Excerpt from the book, *I Declare: 31 Promises To Speak Over Your Life*,
by Joel Osteen

Day Fourteen

I DECLARE that I will use my words to bless people. I will speak favor and victory over my family, friends, and loved ones. I will help call out their seeds of greatness by telling them "I'm proud of you, I love you, you are amazing, you are talented, you are beautiful, you will do great things in life." This is my declaration.

When you speak the blessing over your spouse, over your children, over your students, or anyone in your life, you are not just using nice words. Those words carry God's supernatural power. They release favor, ability, confidence, and God's goodness in extraordinary ways.

We should make it our mission to speak the blessing into as many people as we possibly can. With our words we can release favor into somebody else's life.

I heard about a small girl who had a cleft lip. Her lip was a little bit crooked and it made her smile awkward.

When she was in second grade other students would not play with her because she looked different. She grew up with these incredible insecurities. She just shrunk back, stayed to herself, and didn't really have any friends. One day the school was conducting hearing tests. The teacher had each student walk slowly away from her while the teacher whispered very quietly. The students were told to repeat out loud, in front of the whole class, what the teacher was whispering.

For most students the teacher would make general statements like "The sky is blue. There's a cat outside. Today is Tuesday."

The students would repeat each statement to show they could hear properly.

When it came time for the little girl with the cleft lip, she was nervous and afraid, but after she passed the hearing test the teacher smiled and told her, "I wish you were my little girl."

When she heard the teacher's approval and the blessing spoken over her, it did something on the inside. It gave her a new sense of confidence, a greater self-esteem. Not only that, when the other students heard how much the teacher loved this little girl, their attitudes changed. Now they all wanted to be her friend. They made sure to sit by her at lunch. They started inviting her over to their home after school.

What was that? The blessing was spoken not by a parent but by an authority figure, and it released God's favor in her life in a greater way. When she became a young lady, the little girl often spoke of that day as a turning point in her life.

I think about what might have happened if her teacher had withheld the blessing. What if she had just said something ordinary? Who knows where that young lady would be today?

It's so simple but it can have such a huge impact. That's why you should get in a habit of speaking the blessing every chance you get.



How Much Talk And Listen Time A Day?

By Dr. Gary Chapman

Do you have a daily "sharing time" with your spouse?

Communication is the key to intimacy. However, it takes time to communicate. I've found that the couples who have good communication, "make time" to talk and listen.

Just as they make time to eat, watch television, read a book, or mow grass, they make time to talk.

How much time is required? I've found that 15-20 minutes per day is a good place to start.

Sit down, look at each other and share some of the things that happened today and how you feel about them. A daily "sharing time" is a big step in the right direction.

One husband said, "But my life is the same every day. I don't have anything to share. It's always the same routine. Why talk about it?" Because it is your life and if you don't share it with your spouse then you will not have intimacy.

Intimacy means that we let each other into our lives - even if they are boring. If you talk about your boredom you might even be motivated to smell the roses or observe a sunset.

Life is better when it is shared.

Be Intentional In Listening To Loved Ones

By Bea Strickland

Your body language helps you say, "I'm really listening."

Here are some things you can do:

- * Face your partner at the same level.
- * Give eye contact.
- * Show appropriate facial expressions.
- * Give head nods.
- * Lean forward a little with arms and legs uncrossed so that you look "open".

It is such a compliment and a kindness to the other person to listen with careful attention. It's a wonderful gift of your time and love to your partner.

We can't always do it. Sometimes it's the coffee or the unfinished work or the sudden thoughts of things we must do that steal our attention away.

But realize how important listening is and be intentional in paying attention to your loved ones.



“Dressing Your Truth” Tips for Your Son...

By Carol Tuttle

Help your son feel 100% confident in who he is and how he looks.

The easiest, most comprehensive way to do that is with my book, **Dressing Your Truth for Men**.

But I’m going to give you a few pointers today, just to get you started.

First, here’s a quick YouTube video explanation about why your son benefits from dressing consistent with his nature. It’s much more than just being fashionable:

<http://www.youtube.com/watch?v=f06uQHPyXuQ>

The Fun-loving Type 1 Son:

Let this boy dress for the fun of it. If your little guy wants to wear a superhero cape, awesome. If he’s a teen who likes to wear unexpected hats or bow-ties because it makes people smile, enjoy it with him.

Just because these boys like to have fun doesn’t mean they need to look silly all the time.

They can dress true to their nature and look very masculine and serious. In fact, one of the transformations in the new Dressing Your Truth for Men Type 1 course features an attorney who looks very professional in his Type 1 look.

The Sensitive Type 2 Son:

Comfort, comfort, comfort. If it’s not comfortable, this boy won’t wear it (or he’ll wear it and hate it). If he’s very young, find other, more comfortable options for clothes he resists. If he’s older, let him take care of the tags himself. He may leave them on until he’s had a while to feel how new clothes fit.

Comfortable doesn’t mean baggy or sloppy.

Comfort is part of the fabrication and texture of clothing, but doesn’t have anything to do with sweats versus a suit. The Dressing Your Truth for Men Type 2 course features several men who look comfortable and relaxed in dressy clothes.

The Determined Type 3 Son:

These kids can be rough on their clothes. No matter their age, they’re always on the move and they are naturally hard on their possessions. Bypass the frustration of constantly replacing clothes by investing in

solid items that feel more substantial and rugged.

Rugged doesn’t mean mountain man (even if your son seems like one at times).

Rugged means sturdy and strong. When your son wears clothes that express these qualities, his look starts to match up with his forceful inner nature. The Dressing Your Truth for Men Type 3 course shows what a powerful look this can be.

The More Serious Type 4 Son:

These boys are naturally more serious from day one, so they look out of place in busy, animated patterns so common in the kids’-clothes world. Let them pick out their own clothes from a young age. They’ll naturally be drawn to bold colors and clean designs.

Bold doesn’t have to mean unwanted attention.

Type 4 boys don’t like being put on the spot, so they sometimes shy away from clothes they think will bring attention. The Dressing Your Truth for Men Type 4 course shows them how dressing boldly actually supports them in creating their personal boundaries.

The biggest benefit your son gets

When your son’s outer look is congruent with his inner nature, people perceive his natural energy more clearly.

Others recognize his movement as a gift, rather than judge it as a weakness.

- See more at:

<http://thechildwhisperer.com/s-on-dressing-your-truth/#sthash.Vb9Lyvy6.dpuf>

Carol Tuttle is also the author of **Dressing Your Truth (for Women), Discover Your Type of Beauty**.

Compliments of the District 1 Marriage and Family Ministry, FFWPU

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