



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

Day Twenty-Four

I DECLARE I will speak only positive words of faith and victory over myself, my family, and my future. I will not use my words to describe the situation. I will use my words to change my situation. I will call in favor, good breaks, healing, and restoration. I will not talk to God about how big my problems are. I will talk to my problems about how big my God is. This is my declaration.

We need to pay attention to the things we say. I've known people who are always talking about how tired and run-down they are. They say it so much it's become a reality. The more you talk about negative things in your life the more you call them in. So if you wake up in the morning and feel tired and lethargic, instead of complaining, you need to declare: "I'm strong. I'm full of energy. God is renewing my strength. I can do what I need to do today."

Sometimes when we've been traveling a lot and been very busy we'll come to church and Victoria will say, "Joel, I am so tired. Look at my eyes. Can you see how red they are?"

I always say, "No, Victoria. You look great. You look just as beautiful as ever."

She knows me too well. "No, I don't," she'll say "I know you. You just won't say it."

Victoria is right. I won't agree when she says she looks bad. I don't want to speak defeat. I want to speak victory. I often wonder what she would think if I ever said, "Oh yeah, Victoria. You don't look good at all. You look so tired. Are you really wearing that?" I'd have to find a ride home!

So, I stick to talking with hope. The more we talk about being tired the more tired we become. The more we talk about being depressed the more depressed we'll be. The more you talk about being overweight the more out of shape you will become. Switch over into victory.

Don't talk about the way you are. Talk about the way you want to be.

There is a young lady on staff at Lakewood Church. She told our women's group that every morning before she leaves the house she looks in the mirror and says, "Girl, you are looking good today."

I saw her a while back and asked if she was still doing it. She said, "Yeah. In fact this morning, Joel, when I looked in that mirror I said, 'Girl, some days you look good but today you're looking really good.'"

I encourage you to be bold in the same way. Encourage yourself. Don't speak defeat over your life. Be bold and dare to say, "I look great today. I'm made in the image of Almighty God. I am strong and talented. I'm blessed. I am creative. I will have a productive day."



9 Alternatives To Saying "NO" to Children - Part 1

By Carol Tuttle

You need to set limits and say "no" sometimes. But **how** you say it makes a difference—both in how your children feel about it and how cooperatively they respond.

Consider these options for the 4 types of children that are both supportive of your child's true nature and may communicate what you really mean better than a simple, "No."

Saying "No" to the Fun-loving Type 1 Child

- *That's a great idea.*

Sometimes, you don't actually need to say "No" to a Type 1 Child. Try just validating the idea. You may find that's all this child needs.

- *I'm so glad you want that. It will be fun to see how that shows up for you.*

You will never be able to stop your child from wanting things. (That's okay! You never stop wanting things, do you?) Instead of trying to shut down what they want, validate the desire, even if you don't choose to be the source that fulfills it this time.

- *Here comes the ____! (tickle monster, fairy princess, bedtime wizard, etc.)*

Rather than say "no" about something, say yes to an imaginative experience. For example, "no" about watching more TV can be a "yes" to some extra minutes of fun time with you—which is what your Fun-loving Type 1 Child always wants.

Saying "No" to the Sensitive Type 2 Child

- *I will answer all your questions in a minute.*

Sometimes, a Type 2 Child's endless questions can lead you to shut them down with a "No." If you feel interrogated, set a future time your child can plan on to ask you all they need.

- *I'm so glad you want that. I'd love to support you in making a plan to get it.*

Your child will always want things. (That's good! Even as adults, we still do.) Instead of saying no to things you feel you can't afford or provide, validate the desire, even if you're not the one that makes it happen this time.

- *How are you feeling?*

More than most anything else, Sensitive Type 2 children tend to hear "no" to their whining. Rather than telling your child to stop, consider using their whining as a cue that your child doesn't feel heard and doesn't know how to say it.

Do you know the Type of child you're parenting?

Parenting is easier and more intuitive when you know your child's Energy Type.

If you don't yet know which Type of energy your child expresses, read my book, **The Child Whisperer**. As you apply it, your children will be happier, more cooperative, and more successful.

<http://thechildwhisperer.com/alternatives-to-saying-no/>

(Continued next week in Part 2)

Marriage Tip

Cherish Your Spouse: Make a List Of What You Value

By Dr. Greg Smalley

The primary attitude that will help your spouse feel emotionally safe is when he/she believes that you understand how incredibly valuable he/she is. That is the essence of honor. Honor is a decision to view our spouse as a priceless treasure – a person of high worth and value. This is what King Solomon encouraged as well: "A man's greatest treasure is his wife" (Proverbs 18:22).

Honor isn't based on behavior or subject to emotion. You grant your spouse value whether they want it or deserve it. Honor is a decision you make and a gift you give. This is exactly what the apostle Paul encouraged the early Christians to do when he wrote, "Be devoted to one another in brotherly love; give preference to one another in honor" (Romans 12:10).

God has made it resplendently clear that my wife is valuable. Look at some of the verses that show how much our heavenly Father values and cherishes us:

- "For you were made in my image." (Genesis 1:27)
- "I chose you when I planned creation." (Ephesians 1:11)

- "You are fearfully and wonderfully made." (Psalm 139:14)
- "For you are my treasured possession." (Exodus 19:5)

It's amazing to think that the God of this universe considers my wife His treasured possession. That's powerful! However, when Erin and I are in the midst of an argument and my heart closes, the first thing to go is my awareness of her incredible value.

And in those moments, when I fail to see her as my heavenly Father sees His daughter, I'm not safe. When I lose sight of her value, when I'm not cherishing her, I'm more apt to react and treat her in dishonoring ways. Then Erin has every right to put up a wall and protect herself.

I watched the power of recognizing my wife's value this past Thanksgiving while at my parents' home in Branson, Mo. One of the things that I appreciate most about my parents is the honesty of their marriage. They've never claimed to have a "perfect" marriage and aren't afraid to disagree.

At one point, my parents got into a huge argument. They were so frustrated that they each ran off to a different part of the house. I let the situation calm down for a few minutes before I knocked on my father's office door.

"Come in," he reluctantly replied.

As I walked into his office, I found my dad sitting behind his computer reading a document titled "Why Norma Is So Valuable." (My mom's name is Norma, just in case you were wondering.)

"What are you reading?" I asked.

"Well," my dad began, "a number of years ago I started a list of why your mom is so valuable. So when I'm upset with her, or when we've had a fight, I've learned that instead of sitting here thinking about how hurt or frustrated I am at your mother, I need to make myself read through this list."

The document contained literally hundreds of words and phrases describing my mom's value. It was amazing.

"When I first start to read through the list, I'm still upset," explained my dad. "I usually get to the first three or four items and think, 'What was I thinking?' or 'This one is no longer valid!' or 'I'm definitely going to erase that one.' But then the farther down I read, the faster I realize that you have an amazing mom."

This is the best idea I've ever heard for recognizing someone's value. Talk about creating safety. It's also what my father does to get his heart back open. Luke 12:34 explains why it is so powerful: "For where your treasure is, so there will your

heart be also." In other words, your heart will be open to what you value. One way to keep your heart open and your spouse feeling safe with you is to focus on her value.

We can create this honor list for our spouse as well. Take several minutes to list all the reasons why your spouse is so valuable. For example: a character trait, faith pattern, values, morals, parenting skills, spirituality, the roles he or she plays that you appreciate (worker, friend, parent, sibling, son), personality characteristic, how he or she treats you, etc.

And don't keep the amazing list to yourself – share it with your spouse. Let her know that you recognize her value. When this happens, not only does your spouse benefit, but you are positively impacted as well.

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