

Prayer

1. Loving God, show me the truth about myself, no matter how wonderful it may be.
2. God, remind me that when I feel worthless or unloved, they are only feelings and not reality.
3. God, help me to like myself for who I am. Don't let people like me for who I'd like to be or who I want them to think I am.
4. God, may I seek not only to read the Bible, but may I also seek to experience the Bible.
5. Enable me to accept the truths beyond my understanding.
6. Teach me, God, to love who I am, to love who I used to be, and to love who I will become.
7. God, make me grow and use my growth to help others in their growth.
8. God, you accepted me unconditionally even with my faults. As I meet new people, give me the capacity to love them the instant we meet, regardless of their flaws.
9. Remind me of your overflowing generosity; teach me to give freely and lovingly.
10. Teach me to give in such a way that I don't keep score.
11. "Jesus, you promised to bless those who hunger and thirst after the right things. Make me hungry. Make me thirsty." That cry may be the best we can do right now.
12. Forgiving God, help me to forgive those who hurt me—especially if they don't ask.
13. Lord, as I look at others, help me appreciate and admire that which is good in them. Blind me to everything else.
14. God, help me look at the motives of others and not their actions.
15. Remind me, God, that I am a winner at life because I am the child of the Winner and he constantly coaches me.
16. God, may I be quick to reach out to others in need. May I be just as quick to call others when I'm in need.

17. God, help me not to try to run the world for you.
18. God, on those days when I feel satisfied with myself, surprise me, and stir me up with a renewed hunger.
19. God, forgive me for trying to make you into someone who helps me further my plans. Teach me instead to rely on you so that I can further your plans.
20. God, help me commit my will totally to you, especially when I don't understand what you're doing with my life.
21. God, in every area of my life may I improve, continue to improve, and use my improvement to help others to improve.
22. "Obesity is a slow form of suicide," he said. God, teach us to nurture and care for our bodies because you own them.
23. "I want the truth," I said in the midst of an argument. God whispered, "No, you want to be right."
24. God, I know you accept me as I am; enable me to accept myself as I am.
25. Lord, help me accept the unacceptable parts of myself.
26. God, when I acknowledge my distance from you, am I actually drawing closer?
27. God, enable me to accept the truths beyond my understanding.
28. Thank you, Lord. I am loved and I am beautiful because I am yours.
29. Lord, help me to realize that you created me lovable. I don't have to *become* loveable.
30. Lord, I am human. That means at times I fail. Help me understand and help me to remember that you forgive me when I fail.
31. "Forgive me," I prayed, "my will is so weak." God whispered, "No, your will is too strong."
32. God, teach us to overlook each other's faults, knowing our faults are also overlooked.
33. I never pray, "Lord, keep me humble." I do pray, "Lord, make me humble."
34. God, enable me to grow, and may I use my growth to help others grow.
35. God, heal the parts of me that don't want to be healed.

36. Instead of attempting to control what I can't, perhaps I can learn to let go of my plans and say, "Thank You, God, for choosing this season for me."
37. God, help me remember others' acts of kindness to me; enable me to forget my acts of kindness to others.
38. God, may I never forget the kindness I receive; may I never remember the good I do.
39. God, teach me to hear the needy cries of others—especially when they don't use words.
40. "God, why are you so good to me?" If I ever figure out a reason, I'll know it's the wrong answer.
41. God, remind me today to care for my entire body because it belongs to you. Remind me also to care for *your* body—the church.
42. God, thank you for the gift of sleep. As I remember your love for me and your always-with-me presence, may I enjoy my rest.
43. No matter how wrong everything may seem today, Lord, make everything right between you and me.
44. God, you teach me so many things, but sometimes I forget. Please keep reminding me.
45. Lord, as believers, may we be committed to each other because we're first committed to you.
46. Dear God, in those times when we disagree, grow angry, and even fight, help us to remember that we're also fighting a brother or sister.
48. I'm so used to words that I sometimes feel uncomfortable when I can't speak or hear words. God, teach me to value the stillness.
49. Increase our love to each other as it increases toward you.
50. Sometimes when I pray, it's like dialing a telephone that rings endlessly because no one is home. That means God has chosen temporary silence in heaven.
51. When life gets too comfortable, we become content and lose our spiritual edge. Should we pray for God to take us out of our comfort?

52. I can't ever be good enough to earn the right to receive answers to prayer, but I can come with a sense of expectation.
53. When prayer becomes systematic, it becomes habitual; when prayer becomes habitual, we show God and ourselves that this is a serious investment of our time and our energy.
54. God answers when we pray. Even more wonderful, God answers before we pray.
55. For Christians, prayer is the fuel that runs our motors.
56. My task is to pray for and bless others—no matter who they are or how undeserving they may seem.

Accept

1. Changes will happen. I can accept them now, or I'll be forced to accept them later.
2. Resilience—the ability to accept what can't be changed and not be defeated by it.
3. No matter how many times I hear something, I will deny what I'm not prepared to accept.
4. If I love you, I accept you. If I accept you, you don't have to change.
5. Unconditional love means I accept you for who you are—and I accept your strengths and your weaknesses.
6. God accepts us because he is the Acceptor. That's also called grace.
7. I am learning to accept my weak spots. The more readily I accept them, the less energy I exert to protect them.
8. I find it easier to accept others with their failures and weaknesses than I do the person who lives inside me.
9. As I learn to accept myself, I learn to accept others. What I can't accept in myself, I can't accept in others.
10. I prepare for the best; I accept the worst.
11. I accept the unacceptable parts of myself.
12. I accept the parts of myself that I dislike in others.
13. When I accept myself, my words verify my self-acceptance.
14. To accept that life can be difficult and beyond our control doesn't make serious illness or death easy, but it reminds that both are part of life.
15. If we can bend, we can survive. We bend when we accept that this is how life works; if we shake our fists at adversity, we break.
16. When you become vulnerable to me, you invite me to trust you. I accept that as a sacred trust. The same is true when I become vulnerable to you.
17. Have you ever wondered how difficult it must have been for Moses to write that he was the meekest man in the world? He did it because he realized he hadn't made himself meek. He was merely accepting and admitting what God had already done.

18. When I need to feel superior, I make comparisons; when I want to be loving, I accept others as equals.
19. I need the empty spaces in life to learn to accept fullness in life.
20. My attitude toward others is an excellent measure of my own self-acceptance.
21. Some people accept lower standards to get by; true professionals elevate the standards and seek to surpass them.
22. I need at least one person who accepts me at my worst moments and reaches for my hand when I stumble.

Wisdom

1. At every age I want to grow, search, and discover the truth about myself, about God, and about my world.
2. Youth is a surprise; adulthood is a confusion; and old age is a wonder.
3. I don't want to be like the sages of old; I want to find what they sought.
4. Life will never be the same. I will never be the same, but I will continue to grow and to value life.
5. Some of us prefer to be around others. What we forget is that we grow in solitude. Some prefer solitude and they forget that we need to be with people to help people.
6. "But can't I grow a little slower?" he asked. "Difficulties and hardships force you to grow," God said.
7. As we grow older, many of us sense when to speak and when to remain silent. We call that experience; others call it wisdom.
8. Can it be that part of our spiritual growth means unlearning unexamined "truth?"
9. Because I wanted to grow, I faced a time that I call God's hidden face—a time of spiritual loneliness and isolation.
10. We want to grow effortlessly, but it doesn't work that way. We grow when we overcome temptations.
11. We win every time we see problems not as interruptions of our plans or difficulties to overcome but as opportunities for growth.
12. Part of our growth is to admit who we are.
13. If we hold on to our self-image, that false image prevents us from growing.
14. Not wasting the experience means you tell yourself, This is a life lesson. I need this for my growth.
15. We can learn and grow from each experience. That is, if we're willing to learn.
16. When I don't know what to say, the wisest thing I can say is, "I don't know what to say."

17. I know the right things to say and do, but sometimes it's easier not to listen to my wise self.
18. Being older and being wise aren't the same. The wise are those who have lived and *learned* from their painful experiences.
19. Some people are old enough, but they don't become wise.
20. Years ago I learned that when problems were beyond me, I should go to the expert. When it comes to the need for wisdom there is only one expert.
21. As we get older we can focus on things taken from us—loved ones, lost friendships, or loss of employment—or we can remind ourselves that we survived them and we can handle the issues still ahead.
22. We say we want to move forward but we hold on to the old. To move forward means to release the old before we step into the new.
23. The old-but-unresolved issues don't remain dead; they resurrect themselves and transmute into other forms, and they're still there.
24. As I get older, my temptation is to look backward and think of the good old days or what life might have been like. What if I reminded myself, "This is who I've worked to become"?
25. Maturing means we learn to handle one problem at a time. We fight each temptation as it strikes and we don't concentrate on the battles that might happen in the future.

Anger

1. If others don't behave in the way I expect, I'm angry; if I accept their behavior, I'm at peace.
2. Anger comes from within; so does peace. I have a choice.
3. If I'm angry, it comes from ugly, unresolved issues from within me. If I'm at peace, I've chosen to stay in harmony with the Holy Spirit.
4. When others anger us, we don't just return anger: We raise the stakes to give back more than we received, which pushes the others to also raise the stakes.
5. Anger erupts in the areas of my life where I haven't surrendered to Jesus Christ.
6. Sometimes life isn't good, and I need a screaming place—a temporary place to vent my anger and my pain.
7. If I set up expectations for your behavior and you don't do what I want, I tend to become angry. If I have no expectations of your behavior, there's no anger.

Affirmation

1. All of us want appreciation for our talent; we need appreciation for our personhood.
2. I want to be appreciated for what I accomplish, but even more, I want to be appreciated for who I am.
3. Only as we appreciate who we are and celebrate our individual uniqueness can we truly appreciate other people and celebrate their uniqueness.
4. To appreciate what I have now, I need to separate myself from what I was before.

Beautiful

1. We may decide we're too heavy, too thin, too wrinkled, or too young. But God still declares us beautiful.
2. Every part of me is beautiful. That's because God made me and everything God creates is good and beautiful.

Bible

1. We read the Bible to learn the facts; we also read the Bible to face the facts.
2. The Bible is our common meeting place. Each of us may like different sections, but it's the Book that unites us.
3. I used to let memories of the past enslave me. Then I read God's Emancipation Proclamation—the Bible—and now I'm free.
4. Please don't quote a Bible verse to help me unless you've experienced it.

Caring/Loving

1. We easily forget the kindness of others; but God always remembers.
2. When God says he loves us, he never adds the word *but*. I want to follow that example. **OR:** If I truly love you, I'll never add the word *but*.
3. If we love others, we will find ways to express our feelings.
4. God loves us exactly as we are. We don't have to get better to be loved.
5. If we love our children, we help when it's needed, not just when they ask. Maybe that applies to our friends. Maybe that applies to the stranger.
6. If we want anyone to listen, we have to speak in a language they can understand. The one universal language is the language of love.
7. Because we love our family and friends and know they love us, we can learn to overcome conflicts and forgive each other's mistakes. After all, we have the best example to show us: Our heavenly Father forgives all our shortcomings.
8. No matter what I do, some people will never love me; no matter what I do, some people will never stop loving me.
9. Christian love is doing the right thing for others because it is the right thing.
10. Those who love me, listen when I talk. Sometimes they hear the words I don't speak.
11. I can think of no greater quality of love than the refusal to retaliate when someone hurts us.
12. Love recognizes the weaknesses and failures of others, but love never nags.
13. If we love, we protect. We don't say, "Did you know what John said about you?"
14. True love affirms, encourages, and frees. True love doesn't condemn, discourage, or control.
15. True love gives freely. We all know that. True love also receives freely. Some of us don't know that.
16. True love means we learn to speak the words that build up others.

17. True love makes allowances for private spaces.
18. True love never demands that the other become a facsimile of me.
19. True love wipes away guilt and wants the other to be free.
20. I need people to love; I also need people who love me.
21. What once seemed like anger or punishment from God may be love in disguise.
22. We have to know we're loved before we can love in return. "We love because he first loved us."
23. The more we know we are loved and the more we have received love, the more we are able to offer love.
24. Love listens. Love doesn't offer unsolicited advice.
25. Everyone doesn't need advice; everyone does need someone who will listen.
26. We have to earn the right to offer advice. We earn it because we listen. When we listen, we communicate that we care. Then they're ready for our helping words.
27. Detachment means to care deeply but not to hold lightly.
28. I can't choose my circumstances; I can't choose those who will support me; I *can* appreciate people who care for me in my pain.
29. Guilty people need assurance of God's love and acceptance—not a moral or theological lecture on how to feel more guilty.
30. My role is not to solve others' problems. My role is to love them while *they* solve *their* problems.
31. We call Jesus our Savior so we can love him; we call Jesus our God so we can worship him.
32. God's provisions are based on unconditional love, not on my faithfulness.
33. God loves me, wants only the best for me, and won't allow me to settle for less. I can learn from that.
34. Our love comes from God, who gave it to us at Calvary.
35. If we know God is with us during the good times, why would we think God deserts us during the bad? Isn't that when God most shows his love to us?

36. God doesn't love me for what I do, but he loves me for who I am.
37. God simply chooses to love humanity. My mind can't grasp it, but I can believe it.
38. When real love comes along, our past doesn't make any difference.
39. Love gives of itself and demands nothing in return, not even appreciation, acceptance, or obligation.
40. I can't explain why I love someone else any more than I can explain why God loves me. But then, does it really matter? Isn't it enough just to know?
41. We're not the center of the world, but we are the center of God's love.
42. Perhaps what seems like war or hatred from God may be love in disguise. It may be God's way of saying, "This thing you want isn't for you. I have something better for you."
43. If I expect anything from you, I've blocked the flow of unconditional love.
44. It is impossible for God to love me more tomorrow than he loves me today.
45. I became God's servant out of duty; I became his love slave out of devotion.
46. I don't want to come to the end of my life and realize I've done little but live many years. I want to come to the end of my life and realize that I've loved widely and given myself to others.
47. Love is an attitude. Sometimes we also *feel* loving toward others.
48. To understand the reason for God's love is beyond me. That means all I can do is accept that love. And be grateful for it.
49. God's love is incomparable; that also means I can't compare myself with anyone else.
50. The more loved I feel the more I'm able to love others. But it must come in that order.
51. God never commands me to be correct; God does command me to love.
52. The most loving thing I can do for others is to let them express their love to me.
53. Love will lead where force cannot drive.

54. No matter what I do, some people will never love me; no matter what I do, some people will never stop loving me.

Changes/Differences

1. Most serious Christians want to change the world; few serious Christians want to change themselves.
2. I can make a difference. In fact, we always make a difference—and we can choose the kind of difference.
3. "I've decided to live again." She was 79 and had buried her husband a month earlier. That's the message we all need when we face hardships. We have to decide to bury our pain and go on. There are other options, but none is as good.
4. We can't excuse ourselves because we've gotten too old to change. Because we're still alive, we need to remind ourselves that God is alive.
5. We can make decisions and change the future; the past will always be the past and we can't change it.
6. No matter how many times we examine the past, there's nothing we can do to change it.
7. None of us are who we used to be; all of us are who we're becoming.
8. When we're emotionally involved, we're different. We see life and situations differently.
9. It's not who we are that makes the difference, it's what we do with our lives that make the difference.
10. When I commit to a diet, a lifestyle, or a new habit, I remind myself that I'm committing myself for life.
11. I'm becoming a new person, but am I also becoming a better person?
12. I never improved my behavior permanently because someone told me I was bad; I permanently improved my behavior when someone loved me.
14. It's not that my life has been worse—or better—than anyone else's; my life has been different.
15. Getting older doesn't mean we quit living. It means we live differently.
16. Twenty years ago I changed my diet. Until then, I ate guilt at least three times a day. I have banished that digestive menace from my life.

17. When we don't like ourselves, we need to change others; when we like ourselves, we don't need to fix anyone.
18. I realized I had to change my attitude. By realizing the need to do so, I had actually changed it.
19. Once caught—once aware of this implanted diving hunger—I changed.
20. All of us change. We get better or we get worse. The choice is ours.
21. We can't usually change our circumstances; we can change our attitude about the circumstances.
23. When we empathize, it means we care enough not only to understand but to feel the same hurts. We may not be able to change their circumstances, but we can help them change their outlook.
24. Sometimes we don't need to do anything; we simply need to change our perspective.
25. I can make decisions and change the future; the past will always be the past.
26. Our messy, unbalanced lives become richer and more creative if we learn to tap into the flow.
27. Life changes constantly. It's all right *not* to think and behave today exactly the way I did yesterday.
28. I'm not the same person today that I was yesterday. I won't be the same person tomorrow. But I love myself no matter who I am, who I was, or who I'll become.
29. Today is a new day. Today I can choose to be different.
30. Even while still in darkness, I found light by changing my attitude.
31. I hadn't really lost anything, but with my change of attitude—even while still in darkness—I did find much.
32. God's will never changes; but God wills us to change.
33. After I change I may still do the same things, but I do them from different motives.
34. If it happened once, I can change so that it doesn't happen again.

35. If I expect certain behavior that I don't get, I can become angry. Or I can change my expectations.
36. If we focus on being who we are and refuse to let another's attitude upset us, we might actually change them.
37. Until disenchantment sets in, I'm not ready to make changes.
38. Principles don't change; values do. Life makes little sense unless I hold to principles and remain open to rethink my values.
39. To make change permanent, I'll focus on small steps that lead to a larger goal.
40. It takes little effort to make a big difference.
41. I choose to go a different direction when I'm ready. And when I'm ready, something inside whispers, "Now is the time."

Family

1. It's easy to excuse our children for being thoughtless or careless. "They're only children," we say. I wonder if God sighs and says about us: "They're only children."
2. Our children are sometimes thoughtless and unkind. But then, so are we. I wonder where they learned such behavior.
3. People can stop being married to each other; they can never stop being parents to their children.
4. Sometimes we're the physician and other times the patient. We move from being the shepherd to being the sheep. Sometimes we take the role of the parent and other times we're the child. This means we always need other people—and they always need us.
5. We do our best parenting by the way we live and not by the mistakes we make.

Choice

1. Have you ever noticed God chooses unlikely candidates for service? I'm one of those. Maybe you are too.
2. Instead of thinking about what might have been, I choose to say, "This is who I've worked to become."
3. I must frequently choose between the good and godly.
4. We can't choose what we reap in the future, but we can choose the seeds we plant in the present.
5. What would our lives be like if we asked, "Today I can choose to redefine my life. Today I can start again"?
6. I choose what I want to do; I also choose what I don't want to do.
7. The mirrors are around us all the time; we don't always choose to recognize our reflection.
8. God did not give me the life I chose; God gave me the life I needed.
9. Even when darkness engulfs us, we still have choices.
10. Death isn't a choice; destiny is.
11. Dying is easy because we can't stop it; living is hard because we have to make choices.
12. For any commitment to become permanent, it begins on the inside and it's a choice.

Crises

1. Life is messy and I can't avoid the chaos. I can choose my response to the crisis.
2. I can't choose the crisis, but I can choose to learn through the experience.
3. Wisdom reflects the character of the person who sees life with a healthy perspective, makes sensible decisions, and faces crises positively.
4. Each crisis you survive prepares you for the next.
5. None of us is the same after a crisis.
6. Never waste a crisis. It's okay to feel sorry for yourself or get angry. But don't let those negative emotions control your life.

Discipline

1. Self-discipline flows out of gentleness and respect for ourselves.
2. Healthy self-discipline flows from liking who we are and our desire to be even better.

Encouragement

1. My favorite teacher in school commented on how well I progressed. She didn't bribe; she encouraged me.
2. Our task is to strive to reach our highest potential, but it's also to encourage others to move in the highest direction.
3. When we discourage others, we become petty thieves of their spirit. At our worst, we commit spiritual felony: We rob people of the will to endure.
4. I spend time with those who make me feel better; I avoid those who discourage me or pull me down. I strive to be a person whom others remember because of the way I *make them feel*.

Failure/Success

1. I ignore success; I pursue my dreams.
2. I can make my failures therapeutic: I can comfort those who fail because I've been down a similar road.
3. If we learn from our failures, we show it by our compassion toward others when they fail.
4. We rarely make a mistake by keeping quiet; we're more likely to make a mistake by voicing our opinion.
5. It's not a natural reaction to admit we were in error, but it's a great skill to practice. The more frequently we admit our mistakes, the more empowered we are.
6. Because it's difficult to start over doesn't make it impossible or mean that I've made a mistake. It means I've taken a risk and I'm willing to try something new.
7. People criticize me for my mistakes. They're right: They're *my* mistakes and they're mine to correct.
8. No one needs to remind me of my failures. I need people to remind me that God's constant love welcomes me back without recrimination.
9. Others' successes have nothing to do with me; my successes have nothing to do with them.
10. God wants me to succeed in life. I can choose to take the success route or I can choose my own road to travel—and fail often.
11. Isn't it strange? When I fail, I blame God for not helping me. When I succeed, I take the credit.
12. At times, we seem to reap nothing but disappointment or failure. If we're honest, we admit that we sowed the wrong kind of seed or sowed it in the wrong place.

13. Most of us underestimate the importance of little lapses. We forget that the little slips accumulate and lead to moral failure.
14. Long ago the Savior passed over our failures and focuses on our service and our commitment.
15. I may feel like a failure but that doesn't make me a failure.
16. I struggle for healthy balance. I find healthy balance when I face my failures.
17. Long-term commitments keep us from being frustrated over short-term failures.
18. All of us make mistakes and errors of judgment; that's part of being alive. But the stalwart and successful are those who take responsibility for their own failures.
19. I won't focus on small failures. I'll accept them as tiny steps toward big success.
20. To appreciate others' accomplishments enables me to enjoy my own success.
21. Only the strong can say, "I was wrong." Only the righteous can say, "I failed" or "I sinned."
22. No one else can define my success. I get to choose my own definition.

Emotions

1. The greatest reward for goal-setting is goal-reaching. We feel better about ourselves because we know we can do what we set out to achieve.
2. It's all right to feel. We need to allow ourselves to mourn or rejoice, dance, or scream out in pain.
3. When I feel overwhelmed with things to do, I say to myself, "All I can do is all I can do." Sometimes I need to repeat it twenty times before I'm calm.
4. The more intensely personal I feel about something and the more difficulty I have in expressing it, the more it becomes the most universally understood.
5. The way I feel about others reflects the way I feel about myself.
6. Anybody can make others feel smaller. I want to help people feel bigger.
7. There are no bad emotions. My feelings are expressions of what's going on inside at the moment. I respect my emotions, but they don't control my decisions.
8. When my feelings are genuine, my words convey my message; when my feelings are untrue, my words convey a false message.
9. I strive to be a person whom others remember because of the way I *make them feel*.
10. My feelings tell me about my emotional level; my feelings don't tell me about reality.

Forgive

1. Only as I understand God's forgiving me when I don't deserve forgiveness, can I truly forgive others. That's called grace.
2. Some people have trouble forgiving. I suspect they also have trouble believing they've been forgiven.
3. Forgiving myself is the most difficult kind of forgiveness.
4. God always holds out forgiveness to us. Our responsibility is to take from the outstretched hand.
5. If I cannot forgive myself, whom can I forgive?
6. As most of us know, it's easy enough to forgive others; it's difficult to forgive ourselves.
7. Because I've learned to forgive others, I can learn to forgive myself.
8. Forgiving myself is the hardest kind of forgiveness; it's not an impossible kind of forgiveness.
9. As I grasp that I'm forgiven even though I don't deserve it, I can then forgive others who don't deserve it.
10. After we forgive we may recall the incident, but we can't recall the pain. That's the proof that we've forgiven.
11. When we forgive or ask others to forgive us, it says we understand God's grace. We can say, "I'm sorry" because we have experienced God's forgiveness for our failings.
12. Even though I'm weak in many ways, I want to be strong and forgive those who have hurt me.
13. I don't forgive to absolve others; I forgive to set myself free.
14. When I no longer need to be right, I'm able to forgive.
15. I want to be able to forgive you as if it's the only time you'll fail. That's why true forgiving isn't easy.
16. I blame myself for failure; I praise God for forgiveness.

Friendship

1. One friend said, "I care about your pain," but I never saw him again. Another friend said nothing, but he visited often.
2. True friends soften the way to help me accept reality.
3. Here's a good question: Is there anyone who doesn't need a friend? Here's a better question: Is there anyone who needs my friendship?
4. "I don't need more friends," he said. I wondered if he *had* any real friends.
5. I wanted to give my friend something truly special. One day I told my friend, "I love you. You have helped me become who I am today." My friend smiled and I knew I had given a special gift.
6. We want to spend time with friends, but only at our convenience. The Bible tells that a friend loves at all times—even in the moments of inconvenience.
7. Although we know adversity is part of life, we don't like be reminded of that fact by our friends. We prefer to grasp it ourselves—after the adversity.
8. A true friend knows my faults, still loves me, and has no plans for my self-improvement.
9. Almost everyone wants a friend. Not everyone knows how to be a friend.
10. My friend was like many others. He knew all the right ways to live, but he didn't always live up to that knowledge. He knew the way but he didn't choose to walk in it.
11. For years, I was everyone's best friend, but I didn't have a best friend.
12. "You seemed to be everyone's best friend," I said, "but you had no best friend." He nodded and I said, "I want to be your best friend." And it was so.
13. I used to go to church to find God; now I also go to find God's friends.
14. My hurting friends don't need my advice; they need my compassion.
15. I need my opponents. They often speak the truths that my friends won't.

Gifts/Talents/Ability

1. The best gifts come with no strings attached. In fact, only true gifts have no strings attached.
2. When I helped others, I used to attach strings. I still do, but now they're heart strings.
3. Gifts don't buy love; they buy attention or obligation.
4. I want to be the best I can with the amount of talent God has given me.
5. My responsibility is to use the gifts God has given me and to use them for the purposes for which God has given them to me.
6. Too many of us take our giftedness for granted. Because we have abilities, it's easy to think of them as natural.
7. Maybe we don't need more miracles as much as we need the ability to perceive those already around us.

God/Promises/Assurances

1. God is well-known and yet God remains unknown.
2. Even when I wander from the right path, God goes with me. As soon as I decide to get on the right path again, he takes my hand and gently leads me back.
3. In moments when I feel most alone, is it possible that God is the most present?
4. When I sense my distance from God, I may actually be drawing closer to God.
5. Whether we talk of our jobs, our families, or coping with mental pressures, God's promises stand: He gives energy to those who are ready to give up.
6. When I set my mind on God, he fills my mind with his promises and assurances.
7. When I give what I have, God reminds me that it's enough.
8. I'll never fulfill all my commitments, but God can enable me to fulfill my dreams.
9. If we're true to ourselves, we're true to God. If we're true to God, we're true to other people.
10. I don't work hard for God to receive; I work hard because I have received so much.
11. When we finally see our warts, scars, and spiritual disfigurement, God never turns away. Instead, God embraces us.
12. In seeking God, I find understanding; in seeking understanding, I find God.
13. Keeping my body healthy is an expression of gratitude to God for giving me this temple in which to live.
14. I cried out in confusion, bewilderment, and despair until God rolled away the huge boulder that sealed my spiritual tomb.
15. Can it be that divine pleasure comes not with our achievements but with our humility that says, "I have nothing and can never be anything except by God's grace"?

16. We can complain all we want about our situation, but nothing happens until God finishes what needs to be done in us.
17. God doesn't disappear from the universe—only from our personal world—and only for a time.
18. Could it be that moving from *why* to *what* might take us closer to God?
19. I found myself pushed and kicked not only into the dark cell but into solitary confinement. In the solitude is where God waited for me.
20. If God throws me into a den of darkness, it's not my problem to get out. I remain in the dark on divine assignment.
21. The Spirit led me, pushed me, or kicked me into darkness. The sunless side of God's face didn't just slip up on me.
22. Although it may seem as if God is asleep when we go through deep darkness, could it be that God is most watchful in the moments of our despair?
23. Once we become aware of our helplessness, God holds out a helping hand to lift us up.
24. God is responsible for his own. I belong to God. So God is responsible for me.
25. She read the verse taken out of context and was blessed. I reminded myself that God owns those words and has sovereign control over the way they're interpreted.
26. God never runs out of ways to grab our attention, to teach us, and, when necessary, to chase us.
27. We're a mixture of right and wrong, pure and impure. But even then, we're totally acceptable to God.
28. I plan my days, but God has permission to interrupt me any time.
29. I often sense the will of God; too often I don't grasp the timing of God.
30. Everything that happens in our lives—and especially the bad—becomes the material out of which God shapes us into becoming better people.

31. We never arrive at a place where we don't need the help of another. If we ever do, we arrive at a place where we don't need God because God works through people.
32. If we're not content with God, we have to settle for things.
33. Every place we are can be a holy place because every place is God's place.
34. Sometimes miracles come from behind the scenes. God is already rehearsing the show before we even know there's such a production scheduled.
35. Faith doesn't shout, "Look at what I can do." Faith whispers, "It's all right. God will take me through."
36. God doesn't promise to protect me from evil; God does promise to be with me when I encounter evil.
37. While still alive, I remind myself that God is alive. Because God is alive, my life and my appreciation of life can improve.
38. The more I thank God for the good things, the more aware I am of his intervention.
39. When I cry, "All I can do is all I can do," I give God permission to do all he can do.
40. It's important to know our limitations; it's more important to acknowledge God's nonlimitations.
41. Too often we're afraid to acknowledge the good things about ourselves. We'd like them to be true, but to admit them seems as if we're bragging. However, if we don't admit them—and they're true—we're denying God at work in us.
42. In seeking God, I find understanding; in seeking understanding, I find God.
43. I know God's face is there, even though hidden from my sight.
44. No one attribute expresses all of God, but each attribute expresses something true about God.
45. I'll never fully understand God, but God fully understands me.

46. I do what I can to help others make it; God does what he can to help me make it.
47. Too often I've sought the God of Protection and forgotten the God of Presence. Each day I correct that attitude a little more.
48. I don't understand what it means to say that God is in control. Even though I don't understand, I'm grateful that God *is* in control.
49. Each time I feel hurt, I want to say to God and to myself, "I needed to acknowledge another self-protective part of myself."
50. People may not remember, but God will never forget.
51. Instead of thinking of the Christian life as what *we* do, isn't it better to emphasize what *God* does?
52. God has a single purpose for us: to make us more like Jesus Christ. We're all for the end product. We just don't like what it takes to get us there.
53. When it comes to guidance, God doesn't seem to work with straight lines.
54. I've begged, pleaded, and sometimes demanded that God do something right now. However, it doesn't seem to have speeded up his time frame.
55. If God is forgiving and compassionate toward me, shouldn't I be just as tender, forgiving, and compassionate toward myself?
56. I want to hear God speak through a child's smile, a grandmother's embrace, the words of a hymn, or even words from someone who doesn't like me.
57. God sends us to share the good news; but first, he sends us to live the good news.
58. Fame has a way of destroying, of tearing away, our dependence on God—of elevating and exalting us.
59. People seek approval. They seek approval because they need assurance. It takes little effort to affirm and assure them of their worth.
60. Surviving rejections and failed plans in the past assures me that I can handle them in the present.

Unhappy People

1. I've never met a happy gossip.
2. I wonder if gossips ever look at their own shortcomings.
3. Are gossips so filled with inner pain that they constantly talk about others so they don't have to face themselves?
4. "She's a virus spreader," I said. "She spreads discontent and anger. When I'm with her, she infects me."
5. I remember a woman named Eva, who seemed to know everyone's shortcomings and worked hard to show them. But, of course, Eva never had shortcomings.

Jesus Christ

1. Because I search for ways to avoid monotony in the Christian life, I constantly find Jesus Christ in new and exciting ways.
2. If I truly commit myself to Jesus Christ, I also commit myself to other Christians. They are part of his body. How can I exclude them?
3. No matter how much I like being with people, I need to have time alone with Jesus Christ. I can't have them both at the same time.
4. After we've followed Jesus Christ, the big issues no longer snare us; instead, we stumble over the little traps.
5. If we live in harmony with others, Jesus is the center of our lives. Or maybe we need to say if Jesus is the center of our lives, we live in harmony. I wonder if there is a difference.

Obey

1. Obedience is required; understanding is optional.
2. Understanding comes later, but first comes the tiny steps of obedience.
3. For many, keeping the rules is the way to get, to earn, and to deserve divine blessings. Others realize that the blessings don't come from doing, but from loving and obeying.

Open/Honest

1. The more we open ourselves to each other, the more we understand each other. The more we understand each other, the more honest we are with ourselves and with God.
2. Before we can be fully honest with each other, we have to learn to be honest with ourselves.
3. Single-mindedness isn't narrow-mindedness, and it isn't close-mindedness. Single-mindedness is open-mindedness to God.
4. We often need moments of spiritual blindness before our eyes can be opened to divine truths.
5. When we open ourselves to another person, we share who we really are.
6. Life makes little sense unless I hold to principles and remain open to rethink my values.
7. Prayer isn't just getting results; prayer is also opening ourselves to God.
8. Real living means being honest about ourselves.

Pain

1. Our pain is our own. We can report but we can't share. Our pain is an arctic bitter coldness that only we can feel.
2. I have to feel the pain to heal the pain.
3. Sometimes it takes pain in our lives to bring about the healing.
4. That which is painful to experience, becomes poignant in memory.
5. The pain of the past prepares us for compassion in the present.
6. Because there is something beyond the pain and chaos, I can keep going.

Peace/Joy/Happiness/Kindness/Laugh/Cry

1. Sometimes I laugh because it's an excellent alternative to crying.
2. "Why the bad times now?" I asked. Then I laughed and said, "When will there be a convenient time?"
3. God cares for *me*. That's enough to give me peace.
4. God is with me; God's friends are with me. I am at peace.
5. Joy is calmness in the face of adversity.
6. We can live just by being; we can enjoy life more if we continue to grow and expand our world.
7. Isn't it interesting that when those I love share their joy, the joy becomes multiplied?
8. If I look for happiness it eludes me; if I accept and enjoy what I have, happiness finds me.
9. When I find my sweet spots, I enjoy the bliss of life.
10. We can be as miserable as we want to be. Happiness or misery is a choice we make.
11. I don't need more things to be happy; I need to value what I already have.
12. Jesus promises us that he is always with us and nothing happens outside his notice. Sometimes anxiety fills our ears and we can't hear his words that say, "Peace. I am here."
13. When life threatens to overpower us, God enables us to hold on just a little longer. True giving up means to surrender to his strength and peace.
14. Kindness surpasses the conventional or the required.
15. Think about 3 characteristics that you have and that you desire very much. Even if you are kind or thoughtful, that's not a total picture of who you are.
16. When I receive kindness from you, I open the door for you to know me better.

Relationships

1. A common need becomes the basis for human relationships.
2. May we build our relationships on a trust that provides no space for suspicion.
3. When people marry, they often change their names or make it a double surname. It signifies a change of relationship. When we change our name to parent, sibling, or even friend that also signifies a change of relationship.
4. Life and relationships don't stay the same. We grow out of old friendships and form new ones.
5. Our relationship to God doesn't guarantee answers; it does assure us that God cares for us.
6. I am more interested in healthy relationships than I am in honoring our family's traditions.
7. Paul exhorts "Think on these things." As we turn our minds toward the good, the beautiful, and the true, then we begin to feel good about ourselves, about the world we live in, and about our relationship to God.
8. As I grow in relationship with others, I grow in happiness. Happiness isn't a goal: it's a by-product of living right.

Relentless/Pursue

1. The intangible and the nonverbal often enable the Holy One to penetrate a sinner's heart.
2. When the Relentless One confronts us and makes us look into holy eyes. We cringe and cry out for mercy, but in the end, we change. That's God's purpose.
3. The Relentless One chases us through the dark paths of life, always pursuing, always reaching toward us to embrace us. Why do we keep running?
4. The Holy One had pursued him for a long time, grabbed him and simply wouldn't let go. He cried out, "At last, I've found the Lord."
5. I am a person who was pursued, found, and been held tightly by the divine embrace for most of my adult years.
6. God chose me, pursued me, and finally caught me.
7. I pursued the loving, holy God until he finally caught me.
8. God refused to allow me to rationalize, and the Divine Pursuer chased me until I hit the dead end and crashed into a stone wall.
9. The Relentless Pursuer isn't through with me. The Persistent God pursues me and just won't let go.
10. This relentless pursuit is an ongoing chase by God—one that ends only when our life does.
11. The Relentless One never runs out of ways to grab our attention, to teach us, and, when necessary, to chase us.
12. Sometimes the proof of having been found by the God-Who-Pursues is for others to witness the radiance of a believer's death.
13. God is and always has been the Breaking-Into-Human-Lives-One—and these events occur at the most unexpected moments.
14. After an invasion of the Holy, human venom is gone, and natural retaliation doesn't matter.

15. I wonder if the Holy One laughs at our closed-mindedness. Or maybe God only weeps.
16. Once we become aware of our neediness and our helplessness, the Pursuing One extends a helping hand.
17. The Holy One invades, probes, confronts, and opens the understanding, and we can provide no formula or rule for divine activities.

Seasons

1. As we move through life, we can't determine the seasons, but we can decide on our attitude.
2. We can focus on those things taken from us or we can realize that loss can also bring freedom.
3. One of the advantages of aging is that we no longer expect total happiness and life without hardship. We learn the seasons of life by living with, and trusting in, a God who loves us.
4. God decides the seasons of life; we choose the response to life.
5. When I pause to thank God, I remind myself that my life is in his hands. The seasons that come and go are part of a loving Father's divine plan for life.

Teaching

1. We teach the best lessons in life by example: "Show me and then you can teach me," others say.
2. We can always teach others and share the knowledge and understanding we've learned. We can also learn from those we teach.
3. People who dislike me are often my best teachers. They make me face the things I don't like about myself.
4. The messes in life are my best teachers. I don't like them, but I need them.

Victory

1. Why is it people always want victory but they're not willing to fight for it?
2. I want to be a victor but not if I have to have victims to achieve.
3. Victorious living doesn't mean a life free from problems; victorious living means a constant overcoming of problems.

Weakness/Strength

1. God didn't create any of us to be self-sufficient. God created us with weaknesses and strengths so we can learn *interdependence*.
2. No matter how strong you are, your faith will be tested; no matter how weak you are, Jesus Christ will strengthen you.
3. I value my strengths while I remain aware they are also my weaknesses.
4. I can find ways to increase my strengths; no matter how hard I try, I can't improve my weaknesses.
5. Each trial and every hardship strengthens me to face the next disappointment.
6. Today isn't good; tomorrow may be worse, but *afterward*—after this is over—I will be stronger.

Who I Am

1. The greatest privilege I have in this life is to be exactly who I am.
2. When troubles come, I need to ask, "Who am I that I think I should be immune?"
3. I'd rather be disliked for who I am than to be admired for who I'm not.
4. I look like this because it's the face I've earned.
5. Each day my face declares who I am before I say a word.
6. I want to live in such a way that when I reach an advanced age, my face would show my attitude and lifestyle without my having to say a word.
7. The face you have at age twenty is the one you were born with. Your face at age forty is who you are becoming. Your face at age sixty is the face you deserve.
8. As we get older, our temptation is to look backward and think of the good old days or what life might have been like. What if we reminded ourselves, "This is who I've worked to become"?
9. As I learn more about myself, I grasp my greater potential. I also accept my limitations.
10. I'm not responsible for my spouse's choice or my children's choices. I am responsible for my decisions.
11. I want to show the world that I'm an imperfect human being. When I try to show them I'm perfect, they see me as less perfect than I am.
12. Everything I am and everything I have come as gifts from God.
12. I am passionately involved in the process; I am emotionally detached from the result.
13. I am seldom angry about what I think I am angry about.
14. I am valuable and lovable because God calls me valuable and lovable.
15. I have to remind myself that I am the pupil and God is the teacher. Sometimes I forget and instruct him about how to run the universe.
16. I am what God has made me. I'm a not-quite-completed divine product made by a divine crafter of human goods—an example of God's living work.

17. God loves the real me—no matter who I am.
18. I need to ask certain questions repeatedly. At every age, I want to discover who I am and where my life is going.
19. The more I thank God for the good things, the more aware I am of divine intervention.
20. I like who I am today, I like who I was yesterday, and I like who I am becoming.
21. I'm not who others think I am; I'm not who I think I am; I am learning who God says I am.
22. I want to discover who I am, but I don't want it to hurt; I want to learn who I am, but I want it to be easy. God doesn't work that way.
23. I'm ready to give up who I am, so that I may become who I want to be.
24. The more I know who I am, the more I know who God is. Or is it the other way around? (Does it matter?)
25. I went on a rampage today. For twenty minutes, I screamed to heaven every word of thanksgiving and praise that came to mind. When I stopped, I realized how blessed I am.
26. I'm being marked. My markings reflect who I am becoming.
27. When I'm jealous of someone else, I lose; when I accept who I am and appreciate who I am, I win.
28. Instead of being self-made, I prefer to thank God for the many people who have influenced me and helped me to be who I am now and continue to encourage my growth.
29. You may not like who I am, and that's all right. For a long time I didn't like me either.
30. I am determined to be as kind, understanding, and compassionate toward myself as I am toward others.
31. I am shaped by waiting, and I can shape the waiting into a positive experience. (Part of who we are now depends on how we responded while we waited.)

32. Grace builders are difficult people who upset us and force us to turn to God for help. I wonder whose grace builder I am.
33. As long as I can move, I am alive. I remind myself that my life is a gift from God.
34. The more I become who I truly am, the more I smash the image of who I'm trying to be. As I smash my image of who I'm trying to be, I become more of who I truly am.
35. How do some people always know what's best for me? Most of the time I don't know what's best for me.
36. Each of us is part of living history. We need to live so that our legacy is positive and influences others for good.
37. I constantly face new goals. When I reach them, there are always more goals ahead.
38. No matter how high I climb, there's always another mountain up ahead.
39. It's good to remind myself that I didn't come into the world to live up to anyone else's standards. It may be even better to remind myself that others didn't come into the world to live up to my standards.
40. When we speak true words and listen to what we say, we learn about ourselves.
41. When I give *of* myself, I also give *to* myself. Part of giving is the inner reward of enriching others and being enriched by the experience.
42. When I trust myself enough to be myself, others respond with trust.
43. We know our flaws and want to hide them. Others see our flaws and applaud us for overcoming them.
44. What we think we want may not be what we truly want.
45. Our problems arise out of who we are. Although they come in different forms, the same problems find us no matter where we run.
46. I don't have to be perfect to like myself. I do have to be human.
47. This is the best I can be at this stage of my development.
48. Only gradually are we able to hold up the mirror and see the parts of ourselves that we haven't wanted to see.

49. I don't need another person to be complete—as the romantic literature implies.
50. I've learned most of life's valuable lessons by falling on my face.
51. I like to think that my motives are pure; too often, they aren't. Too often I realize that fact only in retrospect.
52. The better I understand myself, the more clearly I understand other people.
53. I only know of myself only what I say of myself. (Until I say it aloud, there is no conviction. But when I tell someone and that person affirms me, I own my words.)
54. I can make today and every day the best period of my life. My attitude determines what's good and what's bad.
55. None of us are who we used to be; all of us are who we're becoming.
56. Someone urged me to smile at adversity. I've not been able to do that, but I've learned to eliminate bad emotions.
57. When I hide my shame it multiplies; when I reveal my shame it dissolves.
58. That against which I rail the most may be what I lust for the most.
59. I can't make you angry; I can touch your insecure places and you do the work yourself.
60. I yearn to hear God's voice in the present. I also yearn to remember God's voice from the past.
61. If I know where I want to go, I can figure out how to get there; too many focus on getting there without knowing where they want to go.
62. When I intensely dislike someone, I'm probably staring into a mirror.
63. Keeping my body healthy is an expression of gratitude to God for giving me this temple to live in.
64. I write creatively; I edit analytically.
65. I exercise regularly—but I do it for more than physical results.
66. If I follow my passion, I won't have to lament over what might have been.
67. If I live through hardships, resilience is the payoff.
68. I don't understand pain; I don't understand suffering. But I'm alive and my life has meaning.

69. The more I understand about death, the more I embrace life.
70. I can be shaped by waiting or I can shape the waiting into a positive experience.
71. Here's a good question to ask myself: What is going on inside me that makes me need this mess?
72. When I speak of the past, I say, "This is how I remember it," even though I've unconsciously added my current perception.
73. There are many things I can't do. But more important is what I can do.
74. No matter how hard I try or how high I aim, I don't always achieve my goals, but I can learn to settle for doing my best.
75. I don't possess a higher power, but I'm connected to a higher power.
76. When I abandon the oppression of the urgent, I can focus on the power of the significant.
77. When I discover my bliss, I discover wholeness.
78. I'm not who I used to be and I don't know who I'll be at the end of my life. I'm a work in progress.
79. I want to be me, but I live in a world where others try to make me someone else. I still want to be me.
80. I can't explain grace; I can only experience it.
81. If I set up expectations for you, I have already set you up to fail me.
82. I can't stop others from demanding; I can stop myself from giving in by erecting boundaries.
83. It's easy to be the third party when someone is offended; it's difficult to be the person who says, "If you're offended, you need to straighten this out yourself."
84. I don't have to remember my past when I plan my future.
85. I want to be the person I yearn to have in my life.
86. I don't plan to retire now; I plan to relax so I can live long enough to retire.

The rest

1. Ignorance pays dividends—but it's the wrong kind.
2. We get caught in the secret-sin syndrome when we think we can do something wrong—just slightly wrong—and it won't count.
3. Somewhere in life we're forced to see that our future isn't endless. Endless happens after this life on earth.
4. "Why do you give me long answers when I ask short questions?" he asked.
5. There's a time to speak and a time to keep silent. For many of us, it's the silence we need to learn.
6. When jealousy is under control, we have no rivals.
7. None of us lives up to our own expectations. That can make us miserable or it can emphasize that we're human.
8. To us it may be a minor problem but to the person with the problem, it may be major.
9. Nothing of real value comes easily or quickly. Part of the value lies in the difficulty to reach it.
10. We don't know what lies ahead, but we know Who knows what lies ahead and we know He'll guide our paths through the dark places.
11. Once we're past the hardship, we can say to another, "Take my hand. I've already been over that part of the road. I can guide you part of the way."
12. Many things grab our attention; fewer things grab our heart. We need to know the difference and know which ones to follow.
13. Although many phases of our journey begin in darkness, they end in light.
14. Those who give must never remember; those who receive must never forget.
15. Because we don't grasp truth, it doesn't mean we haven't heard the truth; it means only that we haven't absorbed it.
16. I asked for greater light and received a fierce kick into deep darkness. After that came the light.

17. Sometimes we have to figure out what isn't wrong before we can work on what is.
18. When something is wrong, the obvious place to look is within.
19. In my moments of darkness, I knew nothing and had nothing to guide me. I put one spiritual foot in front of the other and went forward.
20. At some point in our spiritual journey the Holy Spirit has to intervene, and not just once but repeatedly and at many places along the way.
21. The longer we are in the Christian faith, the greater the tendency to hold a stay-within-the-box form of godliness. We stop looking beyond what we already know.
22. As long as we tightly grasp our boundaries, we'll miss our encounter with the Holy.
23. When we live as faithfully as we can, that's all we can do. It's up to the Holy Spirit, and despite all our efforts, this falls into the area of divine responsibility.
24. Compassion isn't reaching down to an inferior; it's reaching across to an equal.
25. We live in a world of mass communication. Everyone talks; few listen.
26. Everything seemed to go wrong in Anna's life. "Yes, that's true," she said, "but I have resources—divine resources—so I'll be all right."
27. If we're people of vision, we stand on tiptoes and see a little farther into the horizon than others do.
28. Life is like a great race. We're not content with what we've experienced with racing along with others. We stretch forward, eager to reach the end.
29. Someone said we're Christians under construction. That's an apt description as long as the builder is the Master Carpenter.
30. Anyone can give money. We haven't learned generosity until we've learned to give ourselves.
31. Yesterday was satisfactory. Today is excellent. Tomorrow will be even better.

32. We learn certain lessons only after years of following Jesus. We never graduate from the School of Godliness.
33. Today I have time to do everything that I need to do today.
34. We lie by not speaking up to defend what we believe.
35. Isn't it strange that as soon as I get rid of my current problems, I take on new ones?
36. Don't we get back what we toss out into the world? Some people constantly criticize and condemn others. Then they wonder why they're criticized or people act suspiciously toward them.
37. The best way to plan for the unexpected is to expect it.
38. Only after we've experienced the deepest darkness can we value the light.
39. We can see others as flawed or we can see them as people much like ourselves.
40. There's a little of the wicked in all of us and some of the righteous in all of us.
41. In heaven there is certainty; on earth there are always doubts.
42. Most people need noise. If we have enough outward noises, we don't have to turn inward.
43. Sometimes we have to walk through "the valley of the shadow of death" before we reach the mount of jubilation.
44. Suffering itself has no value. Value lies in the lessons I learn from my suffering.
45. We can learn when life is easy; we learn even better when life is difficult.
46. The small things of the present become the big things of the future.
47. The devil works, but we provide the opportunity.
48. We need to remind ourselves that the present is the result of past experiences.
49. Human character isn't formed by the absence of hardship but by our responses to the turmoil.
50. Not only do we live among imperfect people, but we're part of the imperfect people.

51. The most intimate thoughts, when clearly expressed, become the most universal.
52. The true journey involves the search—the longing—and not the results.
53. Until we have been broken, we can't understand brokenness in someone else.
54. For godly people there are no small tasks; every task is important.
55. If we beat up on ourselves, we may get the results we want, but we won't like ourselves and eventually we'll rebel.
56. Emotions fluctuate; Commitment stands firm.
57. If we dream of writing, that's wishful thinking; if we commit to writing, we turn dreams into reality.
58. Because we don't grasp truth doesn't mean we haven't heard the truth, only that we haven't absorbed it.
59. Jubilations 4:4 is my favorite verse: "Yeah, the Lord shoveleth it in and I shoveleth out; behold, the Lord hath the larger shovel.
60. Truly, truly I say to you, that which goeth around most surely cometh around (Hezekiah 9:7).
61. Can it be that divine pleasure comes not with our outstanding achievements but with our humility that says, "I have nothing and can never be anything except by God's grace"?
62. The dead issues don't remain dead; they resurrect themselves and transmute into other forms, but they're still there.
63. The Holy Spirit had lassoed me long before, and then the divine rope around my fleeing soul finally reached its end.
64. As long as we tightly grasp the boundaries, we'll keep on missing our encounter with the Holy.
65. The searching isn't as important as the finding: *it's more important.*
66. Having an accountability partner means having someone make sense for me when life doesn't.
67. Small decisions often produce dramatic results. Much of what lies behind me prepares me for what lies ahead.

68. Sometimes the present is really the past that I won't release. As long as I relive the pain, it's not over.
69. We all have regrets about the things we've done. My biggest regrets are about the things I didn't do.
70. What we don't receive in childhood, we seek for the rest of our lives.
71. Nothing is as lonely as guarding my secrets. Nothing else separates me more from other human beings than hiding part of myself.
72. I need your compassion when I fail; I already have more than enough guilt.
73. Saying no to others is more than speaking words; it's also saying yes to myself.
74. We think we've figured out the way to navigate through problems so we can drive freely down the road of contentment. That's when we hit another IB—an inevitable bump.
75. We're marked by our inner scars and empowered by our experiences, and the things we've learned.
76. No one lives a charmed life of succeeding at everything.
77. When we're so low the only direction we can look is up, we reach for the power beyond ourselves.
78. Life won't ever be perfect, but it can be good. It can be exciting—and even better than I've imagined.
79. We need to live the life we write about; we need to write the life we live.
80. Perfection attracts me, but perfection also eludes me.
81. Knowing the truth about myself isn't the same as living the truth about myself.
82. This is the worst story I know, because it's my story; this is also the best story I know, because it's my story.
83. Instead of living in the present, I avoided the past by fretting about the future.
84. Those who have the less to offer spend the greatest amount of time in presenting it.

85. Enemies do us a favor: They push us to admit our imperfections and shortcomings.
86. If I follow my passion, I won't have to lament over what might have been.
87. Being responsible is the beginning of solving a serious problem.
88. Is this the right time to help? Isn't it better to ask, Is this the wrong time?