



My Search For Serenity

se-rene (s...-rɛnə) *adj.* **1.** Unaffected by disturbance; calm and unruffled.

tran-quiet (trɛnˈkwɪt, trɛnˈkwɪt) *adj.* **1.** Free from commotion or disturbance. **2.** Free from anxiety, tension, or restlessness; composed. **3.** Steady; even.

Phil 4:7 (NKJV) and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

2 Tim 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of a sound mind.

These are my governing values expressed as positive affirmations

- 1. I have determined God's will for my life and am in the process of living it.**

I believe God's will for my life is to bring glory to Him. I will glorify God by serving others. My strengths are teaching, motivation and leadership—giving people belief in themselves. Instilling in others the knowledge that they are indeed joint heirs with Jesus, and that God wants the best for them—that through belief, action and by God's grace an individual may lay claim to the many promises of Scripture. I model my life to give substance to this ideal.

 - *Rom 8:16-17 (NKJV) The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs; heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.*
- 2. I study God's word daily and use the insights He gives me to guide my life.**

I never let a day go by without feeding on God's Word. Through Scripture, church attendance, radio, TV, books and other means there is no lack of opportunity to see, and reflect on a godly word, principle, or teaching.

 - *Prov 30:5 (NKJV) Every word of God is pure; He is a shield to those who put their trust in Him.*
- 3. I love my wife and treat her as God's greatest earthly gift to me.**

Linda and I are heirs together of God's grace and the life he has given us. God has given me the responsibility and privilege to love, honor and cherish her—to provide financial, and emotional security for her. Linda always knows she is loved and respected. I uplift and edify her at every opportunity within our home, and in any public forum.

 - *Prov 31:10 (TLB) If you can find a truly good wife, she is worth more than precious gems!*
 - *1 Pet 3:7 (NKJV) Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.*



4. I love my neighbor as myself

All are equal in the sight of God and because of this I never do anything to demean or diminish the self-worth of another human being. I do not criticize others. I recognize that everyone is at a different place in his or her walk with God, and as I am able I will uplift and assist those who are open in their search for serenity. I will not try to force my beliefs on others. It is in living a life that attracts others that I will maximize my effectiveness for the Lord.

- *Rom 2:11 (NKJV) For there is no partiality with God.*
- *Rom 12:10 (NKJV) Be kindly affectionate to one another with brotherly love, in honor giving preference to one another;*
- *Lev 24:19 (NKJV) If a man causes disfigurement of his neighbor, as he has done, so shall it be done to him;*
- *Gal 5:14 (NKJV) For all the law is fulfilled in one word, even in this: "You shall love your neighbor as yourself."*

5. I provide spiritual leadership for my family.

My family looks to me for an example. Whether by church attendance, table prayers or merely seeking God's will in all areas of my life—there will be no doubt about the source of my strength. I reflect God's glory in thought, word and deed.

- *1 Pet 2:5 (TLB) And now you have become living building-stones for God's use in building his house. What's more, you are his holy priests; so come to him (you who are acceptable to him because of Jesus Christ) and offer to God those things that please him.*

6. I provide emotional leadership for my family.

I am emotionally consistent. I do not display wild swings in mood. I realize that anger, depression, frustration and other negatives most always arise from a lack (or perceived lack) of order, control and direction in my life. I look for the best—my heart is up beat and positive. I take control of my emotional state by assuring that my actions are always consistent with my values and goals. I know that Christ is in charge and through Him I will gain equanimity.

- *Heb 2:8 (TLB) And you have put him in complete charge of everything there is. Nothing is left out...*
- *Psa 37:4 (KJV) Delight thyself also in the LORD; and he shall give thee the desires of thine heart.*
- *Prov 17:22 (NKJV) A merry heart does good, like medicine, But a broken spirit dries the bones.*

7. I provide financial leadership in my home

I am the model of appropriate spending habits within our home. I allocate money as I do time in support of my stated values. I am responsible for tithes and gifts in support of God's work.

- *Mal 3:10 (KJV) Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.*



8. I am generous

That which I share is really invested. Money, time, love, encouragement—everything I invest with a Godly heart and right motivation will be returned with increase.

- *Luke 6:38 (TLB) “For if you give, you will get! Your gift will return to you in full and overflowing measure, pressed down, shaken together to make room for more, and running over. Whatever measure you use to give—large or small—will be used to measure what is given back to you.”*
- *2 Cor 9:7,8 (TLB) Everyone must make up his own mind as to how much he should give. Don't force anyone to give more than he really wants to, for cheerful givers are the ones God prizes. God is able to make it up to you by giving you everything you need and more so that there will not only be enough for your own needs but plenty left over to give joyfully to others.*
- *Mark 10:43 (NKJV) “..... but whoever desires to become great among you shall be your servant, And whoever of you desires to be first shall be slave of all.”*

9. I am financially independent

I am debt-free. I have developed both a current cash flow, and a future revenue stream sufficient to meet our needs, commitments and desires. I have developed a residual income source sufficient to support Linda should I go to be with the Lord before she.

- *1 Tim 5:8 (NKJV) But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.*
- *Prov 22:7 (NKJV) The rich rules over the poor, And the borrower is servant to the lender.*
- *Rom 13:8 (KJV) Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law.*
- *Eph 3:20 (TLB) Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of—infinity beyond our highest prayers, desires, thoughts, or hopes.*

10. I place a high value on my time and invest it accordingly

Ben Franklin said time is the stuff life is made of. I invest my time according to my values knowing that when what I do is consistent with the results I desire I will have harmony and serenity in my life.

- *Eccl 3:1 (NKJV) To everything there is a season, A time for every purpose under heaven:*
- *Mat 25:29 (TLB) For the man who uses well what he is given shall be given more, and he shall have abundance. But from the man who is unfaithful, even what little responsibility he has shall be taken from him.*

11. I maintain a strong and healthy body.

My body is God's temple. I keep it as I believe He wishes. I exercise regularly, eat in moderation and supplement my diet with components I believe will improve my body's ability to function at its best.

- *3 John 1:2 (NKJV) Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*



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- 12. I am humble.** Humility describes my recognition that all I am, all I have and all I will be are direct gifts from God and are not earned or deserved. My responsibility is to multiply what He has given me and use the increase for His glory—trusting Him for whatever reward He sees fit to grant.
- *Psa 37:11 (TLB) But all who humble themselves before the Lord shall be given every blessing and shall have wonderful peace.*
 - *James 4:10 (NKJV) Humble yourselves in the sight of the Lord, and He will lift you up.*
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- 13. I am trusting** I trust others, expecting the best of everyone. People tend to live up to expectations—whether good or bad. I seek to bring out only the good.
- *Psa 56:11 (NKJV) In God I have put my trust; I will not be afraid. What can man do to me?*
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- 14. I am teachable.** I listen well. I think through what I hear, seek the counsel of God's word and that of other Godly people. I listen to experts on a topic before accepting or rejecting new ideas. I strive to be the best student I can be for only then can I be an effective teacher.
- *Th 5:21 (TLB) but test everything that is said to be sure it is true, and if it is, then accept it.*
 - *Prov 10:21 (KJV) The lips of the righteous feed many: but fools die for want of wisdom.*
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- 15. I use the power of thought and prayer for motivation** I continually police my mind assuring it is a righteous place to hold an ongoing dialog with God. I pray as I am instructed in Mark 11:24 remembering that God's word is true. I pray daily for what I really want. I plan on receiving it. And I work my plan every day committing the full result to God.
- *Prov 23:7 (KJV) For as he thinketh in his heart, so is he:*
 - *Mark 11:24 (KJV) Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.*
 - *Isa 40:31 (KJV) But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*
 - *Psa 51:10 (NKJV) Create in me a clean heart, O God, And renew a steadfast spirit within me.*
 - *Prov 16:3 (NKJV) Commit your works to the LORD, And your thoughts will be established.*
 - *Phil 4:13 (TLB) for I can do everything God asks me to with the help of Christ who gives me the strength and power.*



16. I speak into existence that which I desire

Positive thoughts result in positive speech, and positive speaking tends to call forth positive circumstances, which I can use for good. My tongue is like any other tool. It can be used for good or evil. I will use my tongue as a tool for the achievement of God's will in my life.

- *Prov 18:21 (NKJV) Death and life are in the power of the tongue, And those who love it will eat its fruit.*
- *Job 22:28 (NKJV) You will also declare a thing, And it will be established for you; So light will shine on your ways.*
- *Luke 17:6 (NKJV) So the Lord said, "If you have faith as a mustard seed, you can say to this mulberry tree, 'Be pulled up by the roots and be planted in the sea,' and it would obey you".*

17. I have order in my life at all times.

I maintain a sense of order in my daily activities and my physical surroundings. An organized environment enhances a calm and serene lifestyle.

- *1 Cor 14:40 (TLB) however, be sure that everything is done properly in a good and orderly way.*

18. I change people's lives.

By teaching life principals that are consistent with God's word I help others gain greater control, inner peace and security for themselves and their families. My desire is to teach others how to teach.

- *2 Tim 2:2 (NKJV) And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.*
- *1 Th 5:11 (KJV) Wherefore comfort yourselves together, and edify one another, even as also ye do.*
- *2 Cor 12:9 (KJV) And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.*

19. I am organized

I spend at least fifteen minutes each morning prayerfully planning and prioritizing each day's activities.

- *Prov 3:6 (TLB) In everything you do, put God first, and he will direct you and crown your efforts with success.*
- *Josh 22:5 (TLB) Be sure to continue to obey all of the commandments Moses gave you. Love the Lord and follow his plan for your lives. Cling to him and serve him enthusiastically."*

20. I am consistent

It is the habit of consistency that separates winners from others in all walks of life. I develop good habits and become their slave!

- *John 8:34 (NKJV) Jesus answered them, "Most assuredly, I say to you, whoever commits sin is a slave of sin."*
- *Gal 6:9 (NKJV) And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*



21. I commit myself

I make decisions and commitments in support of my goals and objectives. I watch for positive examples of commitment and emulate them in my life.

- *Eccl 9:10 (NKJV) Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going.*
- *Rev 3:15,16 (TLB) "I know you well—you are neither hot nor cold; I wish you were one or the other! But since you are merely lukewarm, I will spit you out of my mouth!"*

22. I search for mentorship

The dictionary defines a mentor as a wise and trusted counselor or teacher. A mentor occupies a special place and fulfills a special need in my life. I will select him with utmost care and prayerful consideration.

- *Prov 24:6 (NKJV) For by wise counsel you will wage your own war, And in a multitude of counselors there is safety.*
- *Psa 37:30 (TLB) The godly man is a good counselor because he is just and fair and knows right from wrong.*
- *Prov 15:2 (TLB) A wise teacher makes learning a joy; a rebellious teacher spouts foolishness.*

23. I am accountable

I do what I say when I say I will do it. I am accountable to others but most importantly to God and myself. I am an example and inspiration to others, and as such I model the behavior I wish to teach.

- *Rom 14:12 (NKJV) So then each of us shall give account of himself to God.*
- *Psa 12:1 (TLB) Lord! Help! Godly men are fast disappearing. Where in all the world can dependable men be found?*

24. I associate with people whose values I admire, and with those I wish to mentor

The power of association exerts an undeniable influence for good or evil upon me. It is exciting to know that I am in absolute control in this area—that I choose who I will associate with. I select those I associate with more carefully than the food and drink I put into my body.

- *1 Cor 15:33 (NKJV) Do not be deceived: "Evil company corrupts good habits."*
- *Prov 8:11 (TLB) For the value of wisdom is far above rubies; nothing can be compared with it.*
- *Prov 8:12 (TLB) Wisdom and good judgment live together, for wisdom knows where to discover knowledge and understanding.*
- *Col 4:6 (TLB) Let your conversation be gracious as well as sensible, for then you will have the right answer for everyone.*



25. I am enthusiastic

Enthusiasm provides music behind the words. It is the quality that helps persuade, overcome, calm and inspire. Enthusiasm can be taught and learned. It is a great gift—for a life without it is like a song without music. I will communicate my enthusiasm in every way I can and by so doing uplift and encourage all those with whom I come in contact.

- *1 Chr 13:8 (TLB) Then David and all the people danced before the Lord with great enthusiasm, accompanied by singing and by zithers, harps, tambourines, cymbals, and trumpets.*
- *1 Th 5:11 (TLB) So encourage each other to build each other up, just as you are already doing.*

26. I am a doer

I am action-oriented. When something needs to be done and done now; my battle-cry is 1, 2, 3, GO! Fear and serenity are incompatible. I chase fear out of my life with action! The result is the serenity, which I seek.

- *Mark 4:24 (TLB) And be sure to put into practice what you hear. The more you do this, the more you will understand what I tell you.*
- *James 1:22-25 (NKJV) But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.*

27. I am thankful

I cultivate a spirit of thankfulness that reflects itself in my thoughts, words and deeds. Being thankful is an indispensable component of a successful life and the list of blessings God has granted me, and for which I am thankful, is endless.

- *Psa 118:29 (NKJV) Oh, give thanks to the LORD, for He is good! For His mercy endures forever.*
- *2 Cor 2:14 (KJV) Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place.*
- *Psa 7:17 (TLB) Oh, how grateful and thankful I am to the Lord because he is so good. I will sing praise to the name of the Lord who is above all lords.*
- *Eph 5:20 (NKJV) giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,*
- *1 Tim 2:1 (TLB) Here are my directions: Pray much for others; plead for God's mercy upon them; give thanks for all he is going to do for them.*
- *Psa 50:14 (TLB) What I want from you is your true thanks; I want your promises fulfilled. I want you to trust me in your times of trouble, so I can rescue you and you can give me glory.*