

Growing Stronger Through Change

8-22-11

The one thing we can count on in life — is change. We try to resist it, but it says, "Ready or not, here I come." In order to grow stronger through change we must (give up). Don't be an escape artist, or try to avoid the stress that accompanies change. There is no escape; change is inevitable. Stop regarding it as an enemy and make it your friend. Only when you decide to ride the horse in the direction it's going, will you get to where you need to be. (Wise up). When we're hit with sudden change, our "fight or flight" instincts aren't very good at handling it. But there's a solution. By entrusting our lives fully into God's care and asking for His wisdom He takes us firmly by the hand and leads us into..... change. God loves us the way we are, but He loves us too much to leave us that way. (Toughen Up) Someone quipped, "If it wasn't for stress, I'd have no energy at all." If you're struggling to make sense of the situation you're in, heed these words: "Under the pressure of change, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become nature and well developed."

Max Gunther quipped, "When you're in a tug-of-war with a tiger, give him the rope before he gets to your arm. You can always buy a new rope."

Resistance to change just creates ulcers, sleeplessness and stress. (Thinking like a victim). Stop expecting others to rescue you, feel sorry for you, or reduce your stress levels. Get behind the wheel of your own life! You're not helpless, and the situation is not hopeless. (Deciding not to change). Instead of banging your head against the wall of reality, invest your efforts into changing what you can - like your attitude and your approach! It takes more energy to hang on to old habits and beliefs than to embrace new ones. (Playing the new game by the old rules). When a car that's stuck in second gear keeps trying to do 100 mph, guess what happens - meltdown! If you don't want to burn out, learn to change gears. When your life's lessons, assignments or relationships change, begin to adjust. Learn to play by the new rules, otherwise you'll keep losing. (Trying to control the uncontrollable). When the music changes, it's time to learn some new dance steps, otherwise you'll finish up sitting on the sidelines. You may not like the changes, but you can learn to flow with them. You may be perplexed, but don't give up and quit. Victory is just a grasp away. (Now stop and take inventory) Are you ~~you~~ making it harder on yourself than it needs

to be? Are you speaking faith or fear? Are you convincing yourself you can't handle the changes? Are you ready to give up without even trying, or trusting God?

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Holla at 'cha boy! x