

# 21 WAYS TO MAKE MY LIFE BETTER

## 1. BE A RIVER, NOT A SWAMP.

The Bible says: "Rivers of living water will flow from the heart of those who believe in me" (John 7:38). Remember, it is the mountain stream that carries fresh, life-giving water because it flows out. However, the swamp is stagnant and life-devouring. A swamp collects and retains water that comes its way. Don't be the kind of person who seeks to accumulate much before allowing a little to flow through. (Do not hold on to things that are toxic or negative).

As Christians we are to let blessings flow through us and on to others. When we hoard and dam the blessings in our lives we are in danger of becoming spiritually stagnant, emotionally detached, and intellectually cynical. Resolve to break up the dam and let blessings flow like a river. Forgiveness is a major element to your healing and releasing... The freshness is in the flow.

## 2. IDENTIFY BLESSINGS.

Too often we go through life oblivious to the good that comes flowing into our lives. Focus on the things you still have left no on the things you lost...

## 3. BE LIKE MOSES-SPEAK WORDS OF BLESSING.

One of the most beautiful and compassionate passages in the Bible contains these words of blessing pronounced by Moses:

May the Lord bless you and protect you.

May the Lord smile on you and be gracious to you.

May the Lord show you his favor and give you his peace

(Numbers 6:24-26).

Get creative with language, and speak words that will uplift, encourage, hearten, and bless other people. As you build them up, your own spirit will get stronger.

## 4. NURTURE A SACRED PRAYER LIFE.

Increase the amount of time you spend in prayer. Some ways to cultivate a prayerful atmosphere is to do this:

Pray with your family/spouse/children... Attending regularly held prayer meeting at your Church.

## 5. TAKE A STEP OF FAITH.

Spiritual growth means taking a leap of faith from time to time. Rather than trying to get everything in place before you start something important, why not follow God's leading and allow the plan to evolve? This means taking a step of faith and trusting God to provide what may be needed for success.

## 21 WAYS TO MAKE MY LIFE BETTER (CONTINUED)

### 6. RESTORE SOMEONE'S FAITH.

Today, make time to heal a wounded heart, to extend kindness to someone who really needs a friend, or to help gather up pieces of a broken dream. Today, do whatever you can to radiate God's unconditional love. Encourage someone to dream again!

### 7. BE A GRATEFUL PERSON.

Start every day with a morning prayer of gratitude to God for the gift of a new day. Do this even if the day ahead appears ominous. Conclude every day with an evening prayer of gratitude to God for the gift of the preceding hours. Do this even if you've had a very tough day.

### 8. SHARE THE JOURNEY.

Hook up with one other person who is seeking to grow spiritually. Agree to meet once a month for a period of time to study and reflect on spiritual matters. Invite to your local Church...

### 9. SERVE.

Look for ways to serve: Church, gatherings etc...

### 10. CULTIVATE A LITTLE SOLITUDE.

"Solitude makes us tougher toward ourselves and tendered toward others; In quietness we turn our minds away from the problems of life and fix our thoughts on the mind of God. We learn to leave room for God to work by being still and having patience..."

### 11. FAST AND PRAY.

Prayer linked with fasting was often done by people in the Bible. Ezra 8:23 reports: "So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer."

### 12. TURN WORRIES OVER TO GOD.

This is a clear teaching of Scripture: "Give your burdens to the Lord, and he will take care of you" (Psalm 55:22). Do this each time a worry crops up, or when fear hits your mind

### 13. SPREAD LOVE WHEREVER YOU GO

First of all in your own house. . . . Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting."

### 14. KEEP YOUR PRIORITIES STRAIGHT.

God is our source for everything and all things: Always put God first. Matthew 16:33

## 21 WAYS TO MAKE MY LIFE BETTER (CONTINUED)

### 15. STRIVE FOR EXCELLENCE.

The Bible tells us: "Whatever you do, do well" (Ecclesiastes 9:10). Be the best that you can be at whatever station in life God has placed you.

### 16. USE IT OR LOSE IT.

God has generously endowed each of us with unique gifts and talents. Make use of them or you will run the risk of losing them. Use your gifts faithfully, and they shall be enlarged; practice what you know, and you shall attain to higher knowledge.

### 17. MEDITATE ON SCRIPTURE.

The Bible is loaded with verses of comfort, encouragement, and wisdom. Make it a habit to read and study your Bible in a regular, disciplined way. Highlight verses that speak to you. Meditate on those words. Memorize some of the passages so you can recall them from memory at a future time.

### 18. BE RELIABLE.

Do what you say you will do—whether it's convenient or not. Follow through on all of your commitments, large and small. By your actions, show others you are a person who can be trusted and counted upon. Integrity counts; is an attractive thing.

### 19. ASK GOD TO MAKE YOU A BLESSING TODAY.

A great way to grow in wonder and amazement is by asking God to turn your life into a blessing. Do this each morning before resuming your daily activities.

### 20. SPEND TIME IN NATURE.

Our world was created by God, you can appreciate God's creation by taking time to enjoy it!

### 21. EXERCISE YOUR POWER OF CHOICE.

No matter what happens to you, you always have the freedom to choose. You can select joy over despair. You can select love over hate. You can select forgiveness over revenge. You can select growth over stagnation. Remember that a crisis can evoke the best in us or the worst in us. The choice is ours!