



I Will Be Strong



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Remember that there is within you the ability to decide whether you will be weak or strong; whether you will be subject to passing waves of negation or become master of them, commanding them to be still.

When you have definitely made up your mind to depend upon the eternal principles of Truth and not allow your personal feelings to dominate your attitude toward people and conditions, you will be well on the way to a peaceful, happy, successful life. After making the decision however you may often need to remind yourself of these principles, especially when negative feelings of discouragement, sadness, inability, shame, regret, weakness, jealousy, fear, hate, and the like rise up in you.

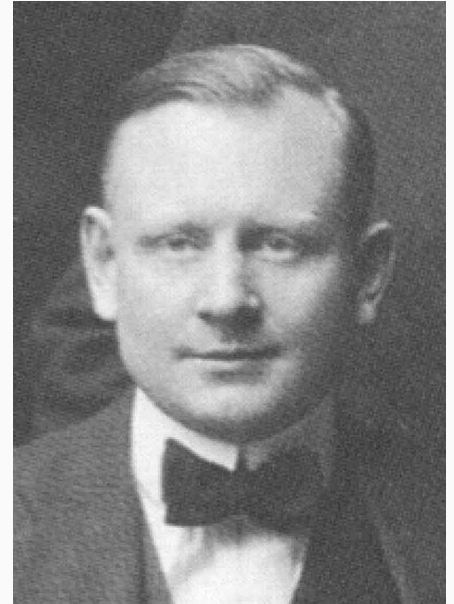
If you are tempted to excuse yourself from some righteous course of duty because you feel timid or feel that you lack ability, face the situation resolutely and declare: "God has not given me a spirit of fear, but of power, ability, and wisdom. Dear God, if this be the right thing for me to do show me how to do it successfully."

If you feel blue because something that you do not like has happened to you rise above it on the wings of some such Truth affirmation as the following: "God has given me the spirit of joy and victory. Nothing can make me unhappy, because God is the unfailing source of my happiness. I rejoice in Him." Never nurse or encourage a weak feeling, for it may grow and overcome you. Master it at once by fixing your mind upon God's principles of joy, power, and love. Remember that your joy and strength come from all-powerful God but that your weaknesses come from your own little negative feelings. These feelings are not able to stand up against the power of God's goodness. You can hold them in line by using affirmations of Truth.

Hold steadfast to Truth, and no little whiny feeling will be able to dominate your soul. When you are off guard it is easy to avoid speaking good words and doing friendly deeds to those who have hurt your feelings, but you can heal the hurt most quickly by expressing God's love toward these people in thought, words, and deeds. The Truth principle involved in a case of this kind is "Love your enemies; do good to them that persecute you."

At times when you are not subject to the influence of hurt feelings you realize that saying a kind word is a pleasant thing to do and saying it makes you happy. Friendship and happiness are dependent upon speaking good words when they are most needed. But if you wait for the other person to say the first good word you will lose an opportunity to master your own spirit. Consult the principles of Truth and use them by saying good words whenever human feelings rise like clouds to dim the sunshine of God's joy.

We could do many little favors for others that we do not do because of our timidity or fear. To let our weak feelings stand in the way of good deeds and happiness is not reasonable.



If you have at times an indefinable feeling of uneasiness causing you to wonder if something terrible is about to happen do not sink with that feeling into the slough of despond but lift up your spirit and take a positive stand. Know that all is well because God made it so. Bring yourself up to the natural pitch of joy and well-being by repeating silently: "God in the midst of me is directing my way and all is well. There is nothing to fear."

Do not let any human, negative feeling destroy your happiness. God will renew a feeling of real joy in you if you ask Him. Confidence and courage come through awakening God's Spirit within you.

Jesus Christ promised: "If ye keep my commandments, ye shall abide in my love . . . These things have I spoken unto you, that my joy may be in you, and that your joy may be made full." There is no joy in weakness, fear, uncertainty, and ill will. Joy comes through the spirit of good will, which means God's will. You can bring God's principles of Truth to your aid by affirming them and believing in them. The suggestions for daily meditation at the end of this article are affirmations that you can employ to bring the principles of Truth to your rescue.

SUGGESTIONS FOR DAILY MEDITATION

☑ SUNDAY: The joy of the Lord is my strength.

☑ MONDAY: I have done my best as unto the Lord, and I will not condemn myself for mistakes; but with God's help I will do better next time.

☑ TUESDAY: God approves of what I do with sincerity and love. He forgives all my mistakes, for He is my loving Father.

☑ WEDNESDAY: God does not condemn me, and neither do I condemn myself. I bless my efforts that they may improve and that I may prosper in every good thing.

☑ THURSDAY: I act fearlessly, not doubting, but knowing that I am doing right, for God is directing me.

☑ FRIDAY: I do not condemn that which I allow, neither do I condemn what others do.

☑ SATURDAY: All things are working together for good in my life, because I love God and I am serving Him in all that I do.

UNITY SCHOOL OF CHRISTIANITY Lee's Summit, Missouri
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