



Joy in Life *Positive Words Produce Positive Results.*

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If you have been following in, *Joy in Life, Your Guide to Genuine Joy & True Happiness*, you will remember: STEP ONE: *Always Ask the Expert First.* STEP TWO: *Follow His Instruction.* STEP THREE: *Never Give Up.* STEP FOUR: *Know Who You Are.* STEP FIVE: *Change The Way You Think.* Now, STEP SIX: *Positive Words Produce Positive Results.*

“KICK ME”

It may be odd and painful to find a story called “*Kick Me*” in a book entitled *Joy in Life*, but don’t worry: help is on the way. Let me explain. Many of you have either been involved in or have witnessed the infamous “*Kick Me*” prank. For those of you who were fortunate enough to have missed it, by doing something important like studying, it goes something like this.

Step 1: Take a piece of paper and write the words “*Kick Me*” on it.

Step 2: Attach a piece of tape to it.

Step 3: Walk up to someone, pat them on the back, and attach the note in a visible spot.

Step 4: Sit back and laugh hysterically as your classmates walk up behind the person and humiliate and anger them by kicking them in the back of the pants.

It’s juvenile, but at some point we grow up and stop doing it—or do we? The truth is that most people do not; many people go out of their way to inflict pain and humiliation, and ridicule others. This is not always done intentionally, and many of you who have been hurt, rejected, and ridiculed subconsciously take the sign that was placed on your back and pass it on to others. “Hurting People, Hurt People.”

How can you stop inflicting pain on those around you? You must stop it by first learning not to inflict pain on yourself.

I recently spent several hours eavesdropping on people in everyday places, specifically a department store, a doctor’s office, and a restaurant. In a short period of time, I had three pages of “*Kick Me*” signs that people had pasted on their own backs. I won’t put all of them down because it would take up a lot of space and time, but here are just a few.

“I look fat in this.” “I look ugly.” “I never have any money.” “I can’t afford that.” “Nothing ever goes right.” “I can’t do anything right.” “I’m so clumsy.” “I’m so depressed.” “I don’t feel good.” “My mother died of a heart attack, and I probably will too.” “You kids are monsters.” “My husband doesn’t understand me.” “I’ll never be able to afford to send my kids to college.” “There are no good men out there.”— “What an ugly day.” “I’m so depressed.”

These are just a few of the forty-one different signs I saw people deliberately decide to post on their backs. I can only assume that these people were getting some kind of perverse pleasure by putting themselves down and limiting any future success by making statements like that.

What makes the difference between success in life or failure? A good analogy would be *stew*: making a successful life is much like making a stew. All you do is take a bunch of items, throw them into a huge pot, and then allow them to simmer for a long period of time. The thing about *stew* is that it comes out only as well as the ingredients that you put into the pot and the length of time you allow the stew to simmer.

You can all relate to the *stew* analogy in that whatever you put in your pot (*your mind*) and allow to simmer for a long time will definitely determine the outcome and the taste and enjoyment of your *stew* (*your thoughts*).

For example, what happens if you fill your pot (*your mind*) with resentment, unforgiveness, past mistakes, criticism, loneliness, fear, insecurity, doubt, and anxiety, and let them all simmer for a long time? Well, you get bad *stew* (*your thoughts*). That makes you feel even worse than before, because now you've spent all day shopping, chopping, and simmering something that is not worth eating and no one wants it because it offers absolutely no taste or enjoyment. It is totally unsatisfying and inedible; it's just trash.

On the other hand, what happens if you take that same pot (*your mind*) and fill it full of the very best ingredients, such as forgiveness, gratefulness, faith, appreciation, understanding, sweetness, kindness, and goodness, and then season it with love and allow it to simmer for a long time? Well, you would get a wonderful and delicious pot (*your mind*) of enjoyable *stew* (*your thoughts*). The aroma and the enticing smell of your *stew* (*your thoughts*) will draw others to you and encourage them to enjoy it with you.

Bottom line: Here it is. If you like spending your time eating bad *stew* alone or take pleasure in inviting others to eat bad *stew* with you, then fill your pot (*your mind*) with a bunch of junk and let it simmer for a long time. However, if you're tired of eating alone and not enjoying your *stew*, then start by filling your pot (*your mind*) with all of the wonderful and fresh blessings that each and every new day has to offer.

If you don't like your stew, change the ingredients.

Summing it up: Friends, I would say you would do your very best by filling your pot (*your mind*) with thoughts that are true, noble, reputable, authentic, compelling, and gracious—the best, not the worst; the beautiful, not the ugly; things to praise and not things to curse. Stop giving permission to others to define who you are or what you will become. At any time, please feel free to remove the “*Kick Me*” sign from your back and forgive those who have kicked you, but most importantly stop kicking yourself, forgive yourself, and begin to walk confidently down the hallways of life into a bright and promising tomorrow. ***Enjoy your stew.***

WANT TO BE BLESSED? SPEAK THE BLESSING.

God Loves You!

Maybe life is not working out quite like you had expected. You honestly tried everything, but it just didn't seem to turn out right. This year try walking and speaking with God; make your left foot your faith foot, and your right foot your love foot. Faith ... love ... faith ... love ... faith ... love.

Don't Be Discouraged! There Is Hope.

Start by not allowing the circumstances of life to lead you where they want to take you. Verbally make a commitment to drastically alter your life and make it go in the direction you want it to go. Your tongue is like a rudder on a ship—small but powerful.

Ask God for Direction First!

Most of us have a tendency to do what we think is best, and when it doesn't work, we ask God to fix our mess. Wouldn't it be a whole lot easier to go to Him in the first place and ask Him for direction and guidance for our lives? Few people pray before they board a plane, but all will pray when the plane's going down.

Count Your Blessings!

We have a rule in our home that applies to everyone; the rule is, "Before you tell me what's wrong, tell me three things that are right." It's no surprise that by the time you've spoken three blessings, you'll find that your problem is probably not as big as you originally thought.

Listen to Yourself!

When your eyelids open, what's the first thing you say? Is it a positive word? When you lay your head on the pillow, what's the last thing you say? During the day, what do you talk about? Listen to yourself; words have the power to change everything around you. Wake up and say, "God loves me." During the day, praise whenever possible. When you go to bed, be thankful to God for today.

Pray!

Ask God to guard your mouth from any words that will hamper your prosperity or bring about lack and sickness. Lord, protect me from any words that will destroy my joy or take away my peace. Lord, keep me from using words that will cause harm and offend others. Lord, just as importantly, keep me from using words that will offend myself.

STEP SIX: POSITIVE WORDS PRODUCE POSITIVE RESULTS.

Death and life are in the power of the tongue. (Prov. 18:21)

Your Guide to Genuine Joy & True Happiness is a process that requires faith in God and sincere effort on your part. Get to know God better because what He wants above anything else is intimacy with you. You are His prized possession. Our job is to let you know how much God loves you. *We would really appreciate your comments and prayer requests.*

Much Joy in Life

Alex Tumparov
14837 North 129th Dr.
El Mirage, AZ 85335
623-476-8603
emilsboy@hotmail.com
www.joyinlifeministries.com

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