

"Church at Home"

Sunday, August 27, 2017

SUNDAY'S FOCUS: TAKING ACTION

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy. - *Dale Carnegie* -

Action may not always bring happiness; but there is no happiness without action. - *Benjamin Disraeli* -

You prove yourself with your actions, not with your mouth. - *Jean Paul Richter* -

Meditative Reading

PUT YOUR WORDS INTO ACTION

Then she heard about Jesus. She came up behind him in the crowd and touched his clothes. She thought, "I just need to touch his clothes. Then I will be healed." Right away her bleeding stopped. She felt in her body that her suffering was over. (Mark 5: 27-29 NIV)

Stop talking about it and begin doing it. Your words are an indication of your personal power. YOUR Personal power is YOUR capability to take action. Each time you make a commitment to yourself and do not follow through it weakens your ability to believe in and trust your power. It causes you to shrink back from making declarations and plans for your life. The reality is, **"affirmation without action leads to delusion."** The woman in this story was suffering. Suffering occurs when the life you want does not match the life you have. BUT, she decided to end her suffering by acting on her affirmation. She **thought** something, **spoke** it to herself and **did** it. I like that! Although she had been sick for 12 years, once she made her declaration and placed her words into action she changed the course of her

life. Someone once said, “True maturity only comes when you finally realize that no one is coming to rescue you.” When you begin to create the life you intend to live, you rescue yourself. **My challenge for you is do that thing, TODAY.** You have what it takes to move from suffering—to cease and desist from living a life that is not working. At this moment, you will need to silent any and all conflicting messages to putting your words into action. Whatever failures, setbacks, or temporary glitches you may have experienced in the past, you must see them as part of your process. See them as necessary steps to actually succeeding. Extract the lesson and continue to move forward in the direction of your real life. As you give failure no attention, you give it no importance. The most powerful way to change reality is through action in the physical. Trust the feelings you are getting toward action and act. So, go ahead and make that call, write down that plan, present your business proposal to the bank, apply for that job, take that test, exercise. **When you do it, when you put your words into action, you will stop waiting for your real life to begin—your suffering will be over.** Think about it.

Affirmation

Opportunity is wherever I am! I am in the flow, and every day I expect new things to happen that will open the way to success. I put my whole self into everything that I do and pour myself out as a blessing wherever I go. No one keeps my good from me but me. I decide to remain always in the flow. ~*Eric Butterworth*

Conscious Giving

Conscious giving is the intention, through choice, to express gratitude and generosity. Conscious Giving brings a profound joy that stands alone, separate from any and all conditions or expectations. Through this process you will learn to appreciate the flow of reciprocal abundance as a gift in and of itself – not units of exchange that you are, in effect, trading for some reward.

Today, you can choose to give to your spiritual community. When you give your gifts, you are giving your life – so give consciously and with intention. Give your gifts like you do every part of you—gladly, on purpose, and with clear intention.

Visit the RLTC website and give today by clicking the DONATE ONLINE icon!

www.reallifetodaychurch.org

Journaling Exercise

Write down three steps you can take to stop stalling and start doing. Identify one step you will take within the next three days.