

The River Comes From the Spring

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You are a river of life and God is the everlasting spring. When drought comes and the water seems to evaporate leaving you hopeless, that is the time to believe in the source that can't be seen. We can learn these lessons from many stories in the Old Testament.

This week during our Sunday study group we watched a video by Joel Osteen called Sing to the Promise. His inspiring message reminded us of the importance of living with faith and gratitude for the

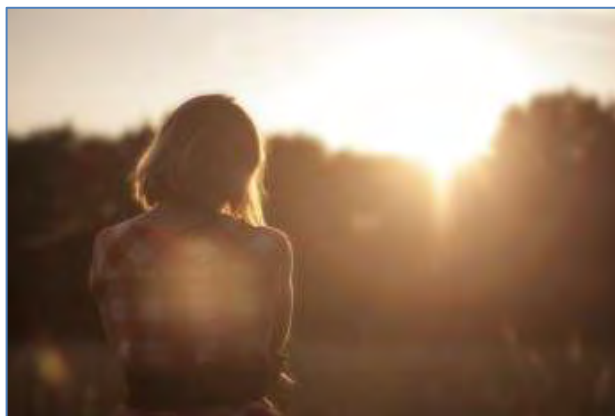
possibilities that lie ahead. It's easy to be grateful for what we've already received, but can we trust and be thankful even during hard times?

"And from there they continued to Beer; that is the well of which the LORD said to Moses, "Gather the people together, so that I may give them water." Then Israel sang this song: "Spring up, O well!—Sing to it!—the well that the princes made, that the nobles of the people dug, with the scepter and with their staffs." And from the wilderness they went on to Mattanah..."

The Israelites were on a journey and had to travel through foreign lands, fight with enemies, and survive the harsh desert. How did they endure and prevail?

The Bible is filled with stories of troubles, struggles and difficulties – it's not that different from modern life. Although the external circumstances may have changed, the lessons are the same. Life is propelled in a positive and fulfilling direction by the combination of our intention, effort and faith that all things are possible with God.

Don't Waste Time Complaining



Complaining doesn't really solve problems and it often makes things worse. That doesn't mean we shouldn't notice problems and reflect on them. On the contrary, problems are always an opportunity to find a solution, or to make something better.

In our discussion after watching Joel's message, one Japanese brother explained how positive thinking and negative thinking need each other:

Yin type thinking is reflective, perhaps noticing details and faults or considering a problem. Yin type thinking is also receptive. Yang type thinking is initiative, finding solutions, inspiration, and motivating growth or change. They work hand in hand and are part of the natural balance in the mind's thought processes.

But complaining is neither Yin or Yang, it is a product of being mentally and emotionally stuck. It is an immature reaction to a problem.

Don't Dwell on the Past

The past is over and will never return, unless we dwell on it. By dwelling on the past, our regrets or sorrows, our resentments and fears, we get stuck in the same patterns that caused the problems in the first place. We have to let go by forgiving ourselves and others so we can move on.

That doesn't mean we can't learn from the past. Learning through reflective thinking is not attached to emotional baggage. It's purpose is to stimulate finding solutions and making a new start. When we make a new start with faith and gratitude the possibilities open up again.

Call God to your side with faith and gratitude

God is the author of life, the source of all, the one whose substance you are created from. Your hopes and dreams are God's hopes and dreams. If you have faith in the goodness within, if you believe in the promises expressed in holy scripture, then you can be confident in pursuing your goals.

The secret is to share your heart with God, express your sincere desires, and thank God for all He has done and will continue to do. With joy in your heart you can continue to do your part – to learn, grow and make effort; to unite your mind and body centered on good goals. Then God will be inspired to fill in the gaps. When problems get you down and life seems overwhelming read the Old Testament. When the Israelites were faithful God always came through.

Just For Fun

Here's a video I found on YouTube from New Zealand. I have no idea who these kids are but they've got the spirit!