



**YOUR
SUCCESS
IN THE
GAME OF
LIFE**

REV. DR. DEE ADIO-MOSES

www.healingcenterofchristinternational.org

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ISBN 0-9759917-6-0

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Your Success in the Game of Life

Rev. Dr. Dee Adio-Moses

Publishers: Abide Educational Foundation, London. England
www.abideeducationalfoundation.com

Cover design and layout by Tudor Maier

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PREFACE

Beloved,

I am so excited that you have made the decision for us to spend the next 30 days together, working on easy techniques that will help you steer more easily through this journey of life.

This 30 Days is to your success, but for it to be effective, and for you to get the most out of it, this book must be your best friend for the next 30 days. Please endeavor not to miss a single day. Try and pick the same time every day; wake up a little earlier in the morning if necessary and go through your daily assignment.

Create a quiet environment for yourself. Choose a moment when friends are unlikely to ring the doorbell; kids are in bed or at friends; your spouse is busy with work or other pursuits. Avoid times when you are tempted to hurry along in order to catch the game or get dinner started. Pack away the newspaper; switch off your phones and television... no distractions. This process needs 100 per cent of your attention. It is only thirty days, and you want success don't you? So start it right. Start your day right every day.

Life is a journey, not a destination. Welcome to the start of this journey toward a new enlightened you. Every journey you embark on requires many steps, but with each step you grow stronger, fitter, and better equipped to continue. Today you have taken a big step; the Chinese proverb says, "The journey of a thousand miles starts with one step," and you have put that first foot forward.

That said, there is another saying to bear in mind: "You are either moving forward or moving backward; if you are standing still, you are moving backward." You may feel that your life and growth has stalled, but if you are holding this journaling workbook in your hands, the truth is you are already in motion. You are moving forward with this exciting, enjoyable and effective tool for the journey called life.



Right now you might be at a slow point in your journey: you may be standing, puzzled, at a crossroad, or wondering how you wandered so far off course. Perhaps you feel you're stumbling around in the dark or walking around in circles. By the end of these 30 days, you should be back on track and confident that you're moving in the right direction.

I personally believe that when things are not working in any aspect of our lives, the best solution is to go back to the drawing board and learn all the basics again. This is so important, because what we build in life depends so much on our foundations. When a building starts crumbling or falling over, it is usually a result of underlying problems in the structural components. In the same way, the challenges in our lives are seldom on the surface, but rather in the layers of issues on and around which we have grown.

Make the commitment to give this next 30 days to yourself. You are the most important person in your own life. In fact, you are your life. To get the best out of your life, you have to get the best out of yourself. It all begins with you, and – I promise you – “it works if you work it.”

It is up to us to be the change we wish to see in the world. So, let us start the process – with dedication and zeal. As the Bible tells us, “Fix your thoughts on what is true and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise” (Philippians 4:8).

By His Grace

Rev Dee

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*Those too lazy to plow in the right season
will have no food at the harvest. (Proverbs 20:4)*

GETTING STARTED

The parable of the loaned money (Matthew 25:14-30) tells us how those who put effort into increasing the value of what they were given were rewarded with new opportunities, while he who buried the silver he was given lost it in the end. As you being work on this journal, you are taking heed of Jesus' warning: "To those who use well what they are given, even more will be given, and they will have an abundance. But from those who do nothing, even what little they have will be taken away." Well done for starting on a journey to add to what you have been given. God has promised to reward your efforts.

MY COMMITMENT TO MYSELF

I choose and make the commitment to work this journal daily.

I accept full responsibility for myself. I realize that my ability to enjoy the best life has to offer largely depends on how I conduct my life – how I think, how I feel, and what I do. I know that my full commitment to better myself is necessary to make changes.

I am determined to improve my life and that means I may need to change how I feel and think, as well as how I treat myself – whatever it takes for me to realize my highest potential as an individual.

I realize that personal development and spiritual growth is challenging; unrecognized thoughts, feelings and desires learned since childhood can profoundly influence my life.

I know that it is God's will that I live a healthy, happy and prosperous life, and that

the way to its attainment is the realization that the Kingdom of God is within me... waiting for me to bring it into expression.

IT IS UP TO ME. I CAN. I WILL.

I hereby agree to all of the above.

Your Signature _____

Date _____

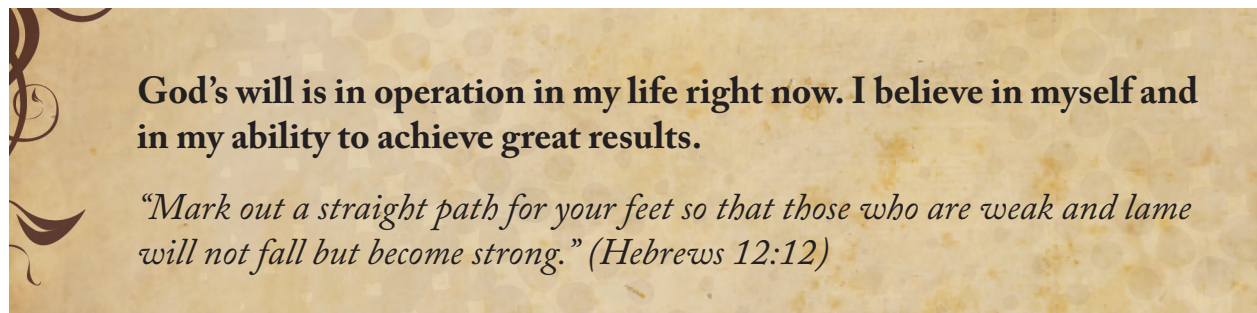
DAILY AFFIRMATION

“Let the Spirit renew your thoughts and attitudes,” Paul told the Ephesians, and the same is true today. The Bible tells us over and over again that our thoughts, attitudes and words profoundly affect our lives and our walk with God. Like Paul, we should not use the words of human wisdom (Corinthians 2:13) but receive the truth from God’s Spirit.

The Biblical basis of affirmations is the truth that words have enormous creative or destructive power; therefore “Those who control their tongue will have a long life,” while those who do not can “ruin everything” (Proverbs 13:3). Our natural, human tendency is to focus on the negative, allowing negative thought patterns to obscure God’s truth and plan for our lives. We can use the tool of affirmations – positive statements – to resist the lies we believe about ourselves and reclaim our identities as men and women of God.

On each day of this course, you will encounter an affirmation backed up by the Word of God. Repeat it to yourself every time you find yourself sinking into a negative thought or pattern. God’s Word is true; immediately use the truth to replace any thought that disagrees with God’s promises.

Today’s affirmation and scripture remind us that God is in control of our lives and that as his children we can be fully confident of success:



JOURNAL FOR THE DAY

How seriously do you intend to take this commitment you have made to yourself? You need to realize that the choice is totally yours: leaving your treasure buried or using what God has given you and investing time and effort in making the most of it. Make a meaningful decision about this now, and in today's journal, reflect on what talents and abilities lie buried or wasted in your life today. Begin a plan to invest all this treasure wisely.



1. You are a spiritual being having a human experience.

The real you is a spiritual being, and right now you are having a human experience. Operating the other way round – as human beings searching outside ourselves for a spiritual experience – is living a lie. Thinking as a human is very limiting, but thinking as a spiritual being is limitless.

2. You have been given a body as a costume gift

Your body is a costume for your spirit. God chose to place your spirit in a body – and yours is the body you see in the mirror. It is the vehicle that will carry your spirit around on this life journey. Like it or hate it, there are aspects of your body, including your mind and personality, that cannot be changed; they are simply part of the costume that God put you in. So don't fight it. Realize your body is a gift, value the gift; embrace the gift and love the gift .

DAILY AFFIRMATION

I release all limiting belief

*“For I can do everything through Christ, who gives me strength”
(Philippians 4:23).*

*“At the moment I have all I need – and more! I am generously supplied with
the gifts you sent me” (Philippians 4:18)*

JOURNAL FOR THE DAY

As a spiritual being, how are you doing all things through Christ? Examine your daily routine and consider in what ways you continually rise above your humanness into your spiritual self. Identify the areas where you tend to get mired in limiting human emotions or patterns, and think about how you can overcome these human habits in future.



1. You will learn lessons.



You are enrolled in a full-time school called life. In this school you will have the opportunity to learn lessons each day. You may like the lessons or think them irrelevant and stupid, but there they are in the curriculum – and you’re going to need to get through them if you want to progress.

2. There are no mistakes, only lessons.

Growth is a process of trial and error – experimentation. The “failures” in your life are an integral part of your development, just like the years of “failed” experiments that eventually lead to world-changing scientific advances.

3. A lesson is repeated until learned.

A lesson in the curriculum will be presented to you in various forms until you have learned it. When you have, you can move on to the next lesson.

Work hard not to repeat the same grade too many times!

4. Learning lessons does not end.

As human beings we often yearn for the grass on the other side, but until we leave this life, there is no other side! If you find yourself wishing today’s problems away; thinking that once you pass the current detours, bumps and potholes you will make it onto the freeway of life, where you can just cruise along in peace, realize that you are believing a lie. There is no part of life that does not contain its lessons. As long as you are alive, there are lessons to be learned.

DAILY AFFIRMATION

Today I open myself to be a beacon of God’s light.

*“The Lord is my light and my salvation – so why should I be afraid?”
(Psalm 27:1)*

You may think you are a bad example to others because you are going through trials and struggling to grow, but that is another lie. You have a lot to offer right now, even with all your flaws and challenges... God “forever made perfect those who are being made holy” (Hebrews 10:14). You are perfectly acceptable and valuable as you are.

JOURNAL FOR THE DAY

What are the lessons of life you are learning right now? How are you being a beacon of light even during this time of trial and error?



FACTS OF LIFE CONTINUED

4. “There” is no better than “here.”

When your “there” has become “here,” you will simply notice another “there” that will, again, look better than “here.” Resolve the issues where you are right now, rather than longing for places and things that look better.

5. Others are merely mirrors of you.

When you love or hate something about another person, it is usually because they reflect something you feel about yourself. Remember that “the standard you use in judging is the standard by which you will be judged” (Matthew 7:2). This spiritual law explains that the way we evaluate others reflects the way we evaluate ourselves. Carefully examining yourself for the qualities you love or hate in others can teach valuable lessons. Be gentle in your dealings with others and you will be rewarded with a greater ability to be gentle with yourself.

6. What you make of your life is up to you.

Keep the parable of the loaned money in mind. God has given you all the tools and resources you need. What you do with them is up to you. The choice is yours.

7. Your answers lie inside you.

All you need to do is look, listen and trust. Focus on the inside, where God’s Spirit lives. When you focus on what you don’t have, and all the external, material things that you want, you take your attention away from that still, small voice inside you.

DAILY AFFIRMATION

I have everything I need to live this moment.

“Though good advice lies deep within the heart, a person with understanding will draw it out.” (Proverbs 20:5)

JOURNAL FOR THE DAY

Do you believe you have the answers inside of you? You do! You just need to develop the understanding to draw it out. Write your thoughts on what you think about the last four facts of life. Do you know any other facts of life that you want to share? List them; you will be able to e-mail them to others to add to their lists.





WHO ARE YOU?



ANSWER THE FOLLOWING SELF-ASSESSMENT QUESTIONS.

1. What are my natural abilities (things I can do that come easily to me)?

2. What are the difficult things that I am proud to have accomplished?

3. How have I grown in the last two years (skills, knowledge, self control)?

4. What am I most critical of about myself?

5. When I was a child, what did I want to be when I grew up?

6. What would I like to be recognized for (achievements, qualities, skills)?

7. How do I see myself in the future?

DAILY AFFIRMATION

Every day I build on the gifts I have been given.

“Because of God’s grace to me, I have laid the foundation like an expert builder... Anyone who builds on that foundation may use a variety of materials – gold, silver, jewels, wood, hay or straw. But on the judgment day, fire will reveal what kind of work each builder has done” (1 Corinthians 3:10-13)

JOURNAL FOR THE DAY

Write down your thoughts on all these assessment questions and what your answers reflect about the new areas you need to work on in your life. How close are your No. 5 and No. 7?

To live successfully, you need to understand the spiritual laws that govern the universe. This is the way to swim with life instead of against it. In the next five days (days 6 to 10), you will encounter two spiritual laws with five applications in our lives. Each day, you will learn one application; ensure you understand it, and journal how you intend to work the law in your own life.

THE LAW OF SOWING AND REAPING

Don't be misled – there is nothing hidden in the universe. You will always harvest what you reap... At just the right time we will reap a harvest of blessing if we don't give up.”
(Galatians 6:7-10)

The Law of Sowing and Reaping takes various forms in the Bible, but always follows the same pattern. In our earthly pursuits, what we put in will always determine what we get out. In the next few days we will look at the various ways we can apply this law on our journey of life.

APPLICATION 1: SACRIFICE

Everything in life has a price. You cannot get something for nothing – you may think you have, but somewhere along the journey of life you will still pay for it. No matter what we want out of life, we have to give something up in order to get it. And this means real sacrifice – you can fool a lot of people, but you cannot fool the law.

What are you prepared to sacrifice in order to achieve success? Are you prepared to give up anger to secure good friendships? Laziness to secure achievement? Are you willing to exchange rudeness for respect? Clutter for order?

DAILY AFFIRMATION

I release any pattern that no longer serves me.

*“Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.”
(Psalm 126:5-6)*

JOURNAL FOR THE DAY

What are you willing to sacrifice to allow the Law of Sowing and Reaping to work through you? List all the things you need to give up, and what reward you can expect for the pain and difficulty of your sacrifice.

Horizontal lines for journaling.

THE LAW OF SOWING AND REAPING

APPLICATION 1: SACRIFICE (CONTINUED)



“If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but are yourself lost or destroyed?” (Luke 9:24-25)

For everything you gain, you will lose something, and vice versa. Yesterday you learned that, if you want to see change in your life, you’re going to have to make sacrifices – you can’t have your cake and eat it.

Now, reflect again on yesterday’s journal. Did you get started on any of your planned sacrifices? If not, remember your commitment to this path of growth. If you want prosperity but don’t want to sweat, you can’t expect to achieve anything. If you want success but are not willing to make the necessary changes, how can you expect things to be any different? An alcoholic cannot become reformed until he sacrifices the bottle.

Through the application of sacrifice, the Law of Sowing and Reaping helps those who help themselves. If you are possessed by some habit or compulsion, it will be your master until you decide to change. As Jesus said, “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other” (Matthew 6:24). If you are a servant of alcohol, drugs, money or human approval, you will have to suffer the pain of forsaking that master if you want to fulfill your destiny as a child of God.

DAILY AFFIRMATION

Today I am planting for tomorrow’s harvest.

“Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.”

THE LAW OF SOWING AND REAPING

APPLICATION 2: GIVING

Do not judge others, and you will not be judged. Do not condemn others, or it will come back against you. Forgive others, and you will be forgiven... The amount you give will determine the amount you get back.” (Luke 6:37-38)

The law of giving is a fundamental law of life. Whether it is your word, your service or your deed, what you give always precedes and determines what you receive. The law of giving says, “It is more blessed to give than to receive” and, “as you freely give, you truly receive”.

Many think of giving when they get, but that is working the law backwards. We have to freely extend or give out our good before the Law can have a pattern to work with.

DAILY AFFIRMATION

I freely share my food, time and money, my smile, and everything I have. How good it is to know that everything I share comes back to me tenfold.

“Your gift will return to you in full – pressed down, shaken together to make room for more, running over, and poured into your lap.” (Luke 6:38)

JOURNAL FOR THE DAY

Write down the ways in which you are giving at the moment, and how you can give more in future so that every cup you have can be filled – not just with money, but with emotional and spiritual blessings too.

Blank writing area with horizontal lines.



THE LAW OF SOWING AND REAPING

“I tell you not to worry about everyday life – whether you have enough food to eat or enough clothes to wear ... your Father already knows your needs. Seek the Kingdom of God above all else, and he will give you everything you need” (Luke 12: 22-29).

APPLICATION 3: SUPPLY

God is your supply. People can be used as vehicles to bring the supply, but you must believe and know that, in return for your seeking him, God is the source of all you need.

Because some people do not see abundance around them and do not enjoy plenty, they deny the work of this law in their lives. They persist in worrying about how they will get by today, tomorrow or next week, and with their eyes fixed on these concerns they become filled with doubt and distracted from their true purpose, which is seeking the Kingdom of God. In this way, God’s law of supply in our life can become obstructed, but the truth remains that, just as birds and flowers thrive without a care in the world, we too should live in the perfect knowledge that God will not fail to supply all our needs.

In a universe governed by God’s Law of Sowing and Reaping, we become part of a virtuous cycle through which supply flows: what God supplies to us, we share and pass on through the application of giving, becoming vessels of supply to others.

DAILY AFFIRMATION

I am a vessel through which supply flows.

“I am generously supplied with the gifts you sent me... This same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Jesus Christ. (Philippians 4: 18-19)

JOURNAL FOR THE DAY

How do you see abundance? Where in your life do you have a lack or obstruction in supply? List these areas and, beside them, affirm the limitlessness of each. Ask yourself whether a focus on lack is part of the problem, and whether you are playing your part in the cycle of supply by sharing what you have.



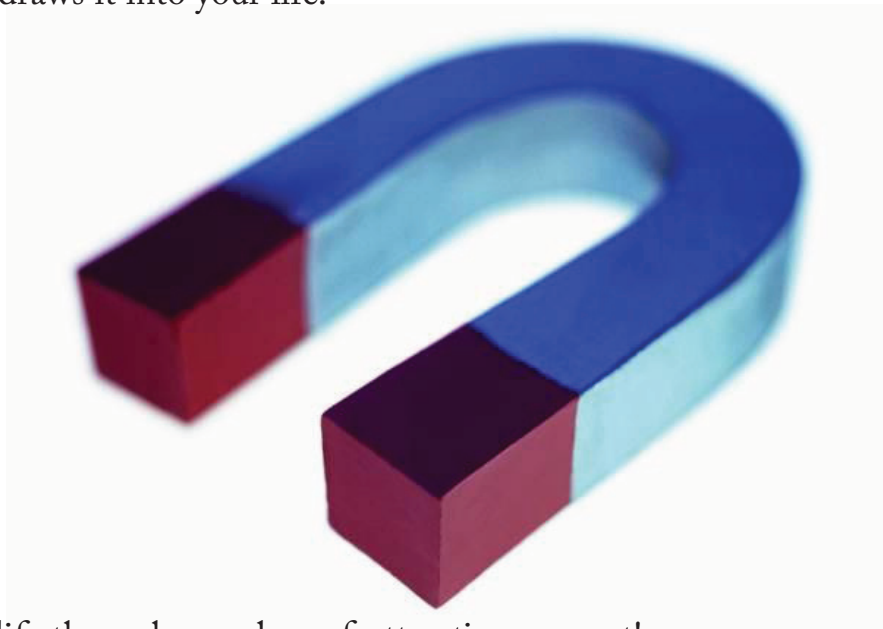
THE LAW OF FAITH

Because of your faith, it will happen. (Matthew 9:29)

APPLICATIONS 1 AND 2: DESIRE AND EXPECTATION

God's Law of Faith underlies what many refer to as the "Law of attraction." The premise of this law is summed up thus: "To desire is to expect; to expect is to achieve." In other words, faith has two important components: one is desire, and the other expectation.

It follows that you attract the undesirable when you expect or desire a thing you do not want. Equally, it is wasteful to desire a thing you do not expect to receive; you simply squander that attractive force and erode your faith. On the other hand, when you constantly expect that which you persistently desire, your ability to attract becomes irresistible. Through the Law of Faith, desire connects you with the thing desired and expectation draws it into your life.



Drawing love into your life through your law-of-attraction magnet!

DAILY AFFIRMATION

God's good plan is underway in my life.

"...let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." (Romans 12:2)

JOURNAL FOR THE DAY

Look around you and list all the things in your life that you do not want. Know that you have used your magnet to attract many of them. You have ordered them into your life through the power of your beliefs and expectations. Now, if you do not want them any more, write beside each one what you need to do in order to stop attracting it.

LIVING TODAY WISELY

Please read this beautiful poem aloud.

TODAY

Author Unknown

TODAY

I woke up early, excited about all I get to do before the clock strikes midnight.

I have responsibilities to fulfill today.

My job is to choose what kind of day I will have today.

TODAY

I can complain because the weather is rainy, or I can be thankful that the grass is being watered for free.

TODAY

I can feel sad that I don't have more money, or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

TODAY

I can grumble about my health, or I can rejoice that I am alive

TODAY

I can lament all that my parents didn't give me when I was growing up, or I can feel grateful that they allowed me to be born.

TODAY

I can cry because roses have thorns, or I can celebrate that thorns have roses.

TODAY

I can mourn my lack of friends, or I can embark upon an exciting quest to discover new relationships.

TODAY

I can whine because I have to go to work, or I can shout for joy because I have a job to do.

TODAY

I can complain because I have to go to school, or I can eagerly open my mind and fill it with rich new nuggets of knowledge.

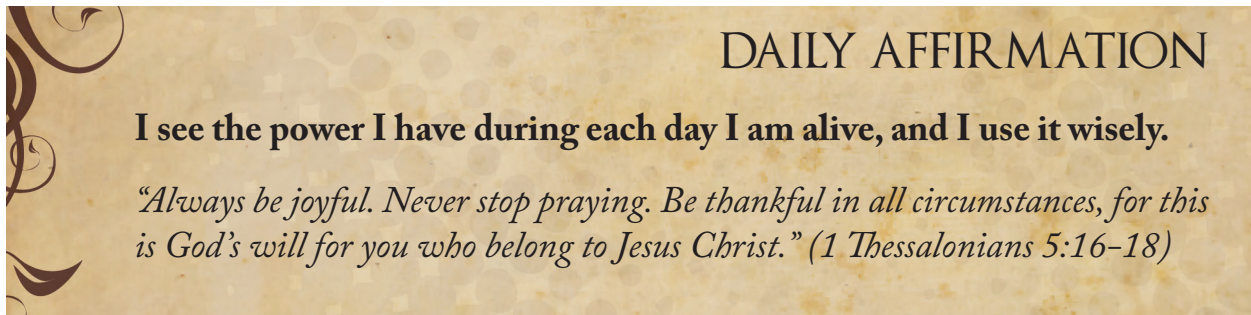
TODAY

I can murmur dejectedly because I have to do housework, or I can feel honored because the Lord has provided shelter for my mind, body and soul.

TODAY

Stretches ahead of me, waiting to be shaped.
And here I am: the sculptor who gets to do the shaping.
What today will be like is up to me.
I get to choose what kind of day I will have!

Have a Great Day – unless you have other plans!

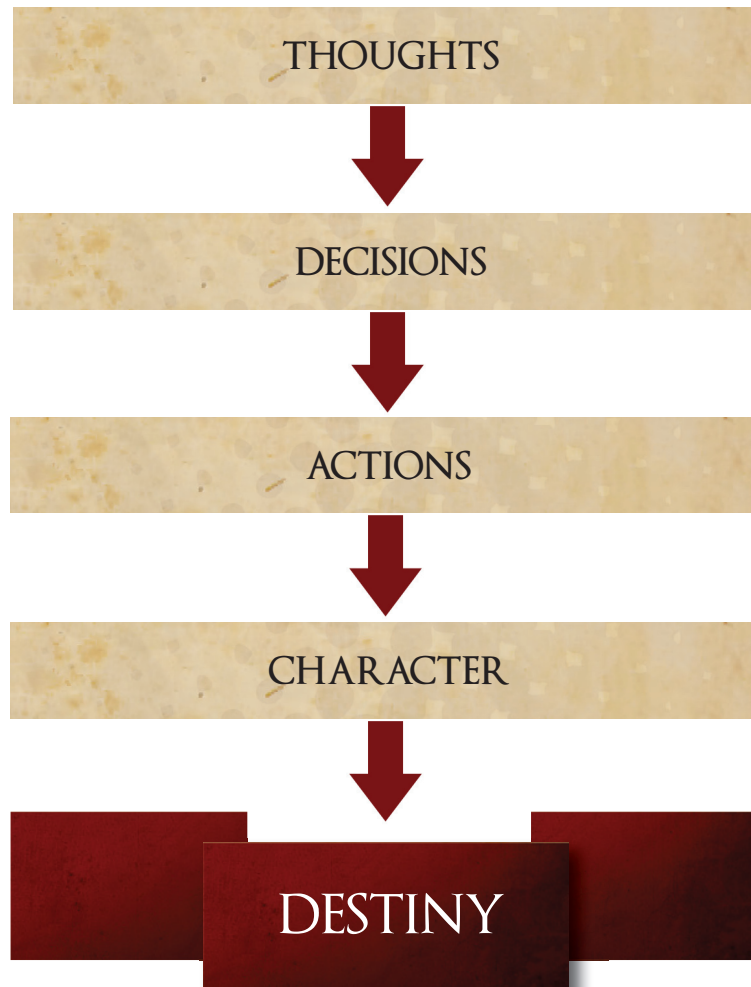


JOURNAL FOR THE DAY

Write your feelings about today and how you will see it unfold. Identify specific pitfalls in your thought life each day and plan a new way of thinking in those situations.

CHANGE YOUR THOUGHTS AND YOU WILL
CHANGE YOUR LIFE!

Disciplining your thoughts is about controlling the thought life that underlies everything you do. The Bible instructs us to put on our new nature, letting the Holy Spirit renew our thoughts and attitudes (Ephesians 4:23-24). Training your thoughts is part of this process. Refusing to allow them to run wild will have positive consequences throughout your life.



The chain of effects based on your thought life.



DAILY AFFIRMATION

I unclutter my mind; I reject self-defeating thoughts.

“Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God.” (2 Corinthians 7:1)

JOURNAL FOR THE DAY

Understanding that your destiny and your thoughts are interwoven, it is extremely important to hold the reins on your thoughts, controlling those barely perceptible ideas that go through your mind and cutting them off from the roots. How do you intend to do this?

9 STEPS TO UNCONDITIONAL SELF LOVE (DAYS 13-21)

1.

Dismantle the critic within

Paul warned us, “Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us” (Romans 12:3). But there is a difference between seeing room for improvement and submitting to the nagging voice inside you that constantly puts you down and condemns you. Close your ears to that carping inner voice that destroys your peace of mind and makes you hate what God has created – you!

Accepting yourself doesn’t mean you are perfect; it means you are acceptable, and no worse than the next person. God’s laws have been written into our hearts and minds (Hebrews 10:16) and this forms our direction as the Holy Spirit helps us become more like Christ and fulfill God’s purpose in our lives. Yes, we have our human flaws, and we can always improve. But God approves of us as we are (Hebrews 10:14), and so should we. You are unique, loved, and improving through the work of the Holy Spirit in your life. Reject any inner lie that says otherwise.



DAILY AFFIRMATION

I am good enough as I am; I give thanks and continue to grow *“I will never again remember their sins and lawless deeds.” (Hebrews 10:17)*

Don't allow that inner critic to condemn you.

JOURNAL FOR THE DAY

I will not be my own worst enemy. I will pat myself on the back for jobs well done; I will focus on my achievements rather than my challenges. List every task or job you have done well. Detail all your achievements – nothing is too small.

Horizontal lines for journaling.



2.

Create pleasurable thoughts

Terrorizing thoughts can destroy you. They plague you with fears that can paralyze you and your goals. One way of dealing with paralyzing thoughts is to consciously create pleasurable thoughts to replace them with. It's important to develop these positive thoughts beforehand, because once the negative thoughts set in, you are at a disadvantage.

Once you have identified pleasurable thoughts or images, practice accessing them when you feel fear-based thoughts creeping in. Replace the gloomy thoughts with this beautiful image. Recalling or imagining a wonderful moment will help



DAILY AFFIRMATION

I think good thoughts and dwell in the peace of God.

“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all that you have learned and received... Then the God of peace will be with you.” (Philippians 4:8-9)

3.

Edify yourself

Where criticism breaks the spirit, praise builds it up. An old but very apt saying goes: If you do not say „Here I am” no one will say „There you are”, God has made you the way you are and given you a specific set of strengths and gifts. Recognize and affirm them! Learn to value yourself as God’s creation and part of his plan.



DAILY AFFIRMATION

I draw from my inner provisions all that I require: poise, truth, goodness, faith and peace.

“God’s gifts and his call can never be withdrawn... For everything comes from him and exists by his power and is intended for his glory.” (Romans 11:29)

JOURNAL FOR THE DAY


List the strengths and gifts that God has given you.
Which ones do you use the most?

20 horizontal lines for writing.



HAVE A SUPPORT TEAM

4.

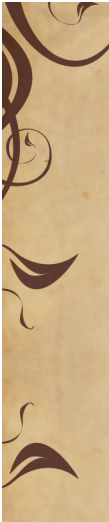


Asking for help when you need it is a sign of strength, not weakness. But who do you approach when the time comes? Surround yourself with people who appreciate you and will assist when you ask for help.

God provides guidance on choosing our friends: godly friends give good advice (Proverbs 12:26) and real friends “stick closer than a brother” (Proverbs 18:24). At the same time, we are warned away from some types of friends: those who destroy us (Proverbs 18:24), those who lead us astray (Proverbs 12:26) and those who are bad role models (Proverbs 13:20).

“Walk with the wise and become wise,” Proverbs (13:20) instructs us. But at the same time, listen to God’s Spirit before you take advice from friends. Remember Job’s friends, whose poor advice let him down at his time of crisis.

God is the closest of all friends; He is always by our side. He can see the secrets of our hearts as our earthly friends cannot. As David wrote in Psalm 139 (7-12):



I can never escape from your Spirit!
I can never get away from your presence!
If I go up to heaven, you are there;
if I go down to the grave, you are there.
If I ride the wings of the morning,
if I dwell by the farthest oceans,
even there your hand will guide me,
and your strength will support me.
I could ask the darkness to hide me
And the light around me to become night –
But even in darkness I cannot hide from you.

DAILY AFFIRMATION

My greatest support comes from God’s power working within, around and through me.

“But joyful are those who have the God of Israel as their helper, whose hope is in the Lord their God.” (Psalms 146:5)

JOURNAL FOR THE DAY

List your support team, and, where support is lacking, write down your plan to obtain the necessary support.

“Always be humble and gentle. Be patient with each other, making allowances for each other’s faults because of your love.” (Ephesians 4:2)

5.

Be tolerant of yourself and the world

Be gentle; be kind; be patient with yourself. It is not our place to condemn either ourselves or others – God does not condemn us, God loves us in spite of. We stand fully acceptable and loved before God, despite the fact that “no one is righteous – not even one” (Romans 3:10).

If God, who is entirely perfect, righteous, and holy, has by his grace disregarded our sins, then the least we can do is follow his example and be gentle with ourselves and our fellow human beings. Acknowledge that God accepts us, He approves of all his children in spite of their many failings. Each and every person – yourself included – is following a path of growth and learning their own lessons along their chosen ways.

DAILY AFFIRMATION

I accept each person’s strengths and weaknesses; God made them and will continue to perfect them.

“Who are you to condemn someone else’s servants? They are responsible to the Lord, so let him judge whether they are right or wrong. And with the Lord’s help, they will do what is right and will receive his approval.” (Romans 14:4)

JOURNAL FOR THE DAY

List three qualities in yourself of which you are critical. Then list three attributes of others that you consider unacceptable. Remembering that we are acceptable before God despite our flaws, go through these eight areas of judgment and explain how you are going to release them to God and replace them with gentle tolerance.



6.**Be very truthful with yourself**

In your walk with God on this Earth, “the truth will set you free” (John 8:32). The converse is also true: the more blind we are to the truth about ourselves, and the more we resist admitting our weaknesses and mistakes, the more imprisoned we become in our negative life patterns.

Being honest with yourself is paired with the gentleness and tolerance we have already learned – so tell yourself the truth compassionately. Honestly appraising yourself, your actions and your reality is not about condemning and judging yourself. It is about accepting that you have room for improvement, and analyzing what needs to be done without guilt or emotion.

Take a detached viewpoint, observing yourself as a scientist would dispassionately observe an experiment unfolding.



Observe the truth about yourself with scientific detachment.

DAILY AFFIRMATION

I see myself with an honest and accepting eye.

“My conscience is clear, but that doesn’t prove I’m right. It is the Lord himself who will examine me and decide.” (1 Corinthians 4:4)

JOURNAL FOR THE DAY

Take a deep breath and think truthfully and courageously about the areas of your life that you prefer not to think about; the truths you would rather not look at. Next to each one, write down what needs to be done about this truth in order to move on.

Horizontal lines for journaling.

7.

Take care of your body

Study and understand what your body needs for optimum energy and vitality. Don't be tempted to think, "But my body is just a container; my spirit is the real me." Because both your spirit and the Spirit of God dwell in your body, it is a temple to be treated with the greatest respect and reverence. As Paul tells us:

"your body is the temple of the Holy Spirit... you do not belong to yourself, you are for God, so you must honor God with your body" (1 Corinthians 7:19-20).

Paul saw our walk on Earth as a race set before us by God; a race requiring great strength and endurance. "Therefore," he said, "let us strip off every weight that slows us down" (Hebrews 12:1). Since your spiritual being is enclosed within your body, that body's limits – its sickness, its weakness, its addictions to food, drugs or alcohol – trap your spirit and restrict it from reaching its full potential. So respect the body your spirit is journeying in. Exercise, take your vitamins, and eat for good health. Watch your weight, look after your teeth, and take care of every part of your body.

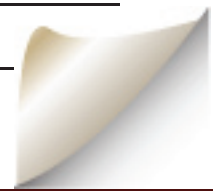
DAILY AFFIRMATION

I welcome wealth and perfect health into every aspect of my life.

"Lord, your discipline is good, for it leads to life and health." (Isaiah 38:16)

JOURNAL FOR THE DAY

Your task today is to take caring for yourself to the next level. In this journal entry, record the areas in which your body's condition could be improved – this includes everything from energy levels to overall fitness to freedom from limiting addictions. Then record the practical steps you will take today in order to improve each of these areas. Big plans for the future are good too, but it's the little decisions taken every day that really matter for your body.



*"The Lord is like a father to his children,
tender and compassionate to those who fear him.
For he understands how weak we are;
he knows we are only dust.
Our days on earth are like grass;
like wildflowers, we bloom and die.
The wind blows, and we are gone –
as though we had never been here.
But the love of the Lord remains forever..." (Psalm 103:13-17)*

8.

LOVE YOURSELF

Psalm 103 paints a picture of the tenderness with which God loves his human subjects. One of the greatest gifts you can give yourself is to see and love yourself as God does. The demand to "love yourself" may seem glib, but the truth is that unconditional love has the power to break down the walls inside you and allow you the safe space to move forward and keep growing.

God's love is not sentimental; it has no illusions about our fallibility. It is not like human love, which places the loved one on a pedestal and is easily disappointed. In other words, loving yourself with God's brand of love does not mean being proud, arrogant or vain. It means seeing yourself with the utmost compassion and understanding, and accepting yourself – warts and all – with patience and tolerance. Remember: "Love never gives up, never loses faith, is always hopeful, and endures through every circumstance" (1 Corinthians 13:7).

You don't have to be perfect to be loved, so don't wait for the weight loss, the new job, the new partner. Love yourself now, just the way you are.

DAILY AFFIRMATION

I express love in everything I do.

“God is love, and all who live in love live in God, and God lives in them. And as we live in God our love grows more perfect.” (1 John 4:16-17)

JOURNAL FOR THE DAY

Before you journal today, get up and stand in front of the mirror. Take a look at yourself. Look into your eyes, with all the hurt and hope contained there, and tell yourself: “God sees even what I cannot see, and He loves you with an everlasting love. And so I see you – all of you – and I love you.”

Try to make this a daily ritual – looking in the mirror and reaffirming your love. Hold your body-temple and give it a good hug, assuring your love and support.

Now, looking at yourself with love and compassion, write down everything that is lovable about you. If you find it difficult to do this, take God’s point of view and write down all the things he sees and loves about you and your human journey.

9.

BE HUMBLE

Let go of all those judgments on others and of negative competition based on pride. As Paul told the Corinthians, “if everything you have is from God, why boast as though it were not a gift?” (1 Corinthians 4:7).

Rather than lifting an eyebrow at the speck in your neighbor’s eye, turn your attention to the plank in your own! Knowing that everyone has their own set of limitations and foibles, strive to be better than who you were yesterday – without trying to outdo anyone else.



Humble pie should be your staple diet!

DAILY AFFIRMATION

I humbly appreciate myself and others.

“For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. (Matt:7:2)”

JOURNAL FOR THE DAY

In today's entry, set out the ways in which you do and don't live humbly. Plan the action you will take to tackle any areas in which you see pride, arrogance or envy.

Horizontal lines for writing.



TAKING RESPONSIBILITY FOR YOUR LIFE

Who holds the reins in your life?
Consider this question as you read the following poem.

TAKING RESPONSIBILITY – THE BIGGEST FREEDOM

Nisandeh Neta

*Let's go for a bus ride, shall we?
You've actually been traveling in this bus for quite some time already.
This bus is called your life.*

*It has a destination plate on the front. You have simply never
read it before, as you're not accustomed to being on the outside of your bus.*

*You choose who's driving, while you're hanging around and enjoying the ride.
Some choose their mother or father (or both) to drive their bus; others nominate
a social, political or spiritual figure to drive their bus; whilst still others choose a
significant other.*

*In fact, most people I know nominate another to drive THEIR bus.
The driver may change over the years, or as a result of different events. For a
while, you may even nominate your physician or therapist to be the driver of your
bus; perhaps even your lawyer or accountant.*

*In most instances, you choose experienced drivers. They know how to shift the gears,
use the blinkers and operate the radio.*

*Since you don't know your destination, they'll take you where they think you ought
to be going. It will ultimately be their choice of destination.*

And while your designated driver drives, you can enjoy the ride. Walking from the

first row to the last one, living happily (or not) in your little bus called life.

Since you have nothing of significance to do, you may get a little bored. Most people do.

Some fall asleep, hoping to fall into an interesting dream. Some fill the emptiness with anything they can find in the mini-bar of the bus.

Others turn on the little blue box at the rear of the bus, staring at the moving pictures, describing other people and their bus journeys.

It's not until many years and as many miles down the road that the realization dawns upon them: "Hey, I'm missing my journey."

I see it every day.

Some wake up five or ten years too late, only to discover that while their spouse drove their bus, they missed their children's early years. Others wake up with a bang, usually around their forties, to realize that while their boss was driving their bus, they forgot what youth, playfulness and joy were.

Most people are afraid to drive their own bus. They believe that they're not capable. Not good enough. They were conditioned to believe that others know better. Some think that they have no choice – they were born with a driver, and that's life. For many it's comforting to know that there's always someone else to blame for any bump in the road or turn that leads to a dead-end.

However, there are also consequences and costs for not driving your bus...

You feel powerlessness as a direct result of not having control over your life.

You are traveling in a direction that in reality has nothing to do with where you really wish to be... your destination.

Usually your driver chooses the radio station he or she likes. And this constant background music might not be to your liking.

And most of all, traveling as a passenger in your own bus is infinitely boring and unfulfilling.

So, how about taking the steering wheel in your own hands. Give your driver a 15-second notice and then throw him or her off your bus. See what happens.

When you sit in front, you'll see the road ahead of you. You're not preoccupied with all that surrounds you from the sides.

You don't spend valuable time looking back through the rear window.

Everything is new, fresh and exciting.

The bumps on the way are still there, but this time you choose how to handle them. You can even choose your favorite radio station.

I can hear some of you screaming from the back, "God is my shepherd; God is my designated driver!" Well, folks, here's a newsflash: if God is your shepherd, then his job is to navigate, not drive!

Make friends with God, Spirit, the Universe, your Higher Self – whatever you want to name it. Invite him (or her) to sit next to you and ask him your destination. He knows it.

Then, along the way, you can ask what would be the best turn here and there... and listen carefully. When you get the answer, it is still YOU who chooses to follow the directions or turn the other way.

Remember, the destination is only an excuse for the journey. So, enjoy the ride.

P.S. Wanna know what is written on the destination plate of YOUR bus?

It says: freedom!



Nisandeh Neta is the founder of Open Circles, an International Center for Personal Growth www.opencircles.nl

DAILY AFFIRMATION

I believe in myself and my ability to achieve great success.

“As for me, it matters very little how I might be evaluated by you or by any human authority.” (1 Corinthians 4:3)

JOURNAL FOR THE DAY

Record your thoughts on the bus of life and what you will do to reach your freedom.

Lined area for journaling with 18 horizontal lines.

STOP COMPARING YOURSELF TO OTHERS

“Love is not jealous or boastful or proud” (1 Corinthians 13: 4), but by comparing yourself to friends, family and colleagues, you risk falling into at least one of those traps.

There will always be someone who has more than you and another who has less. The same is true with personality traits and spiritual gifts. There will always be others who are stronger and better equipped in certain areas than you are. But your particular set of strengths and weaknesses has been given to you for a purpose, and the contribution you are designed to make is just as valuable to the world as that of the person you most wish to be. The question is: how can you achieve the purpose you are designed for if you are stalled by your longing to be someone or something else?

Paul compared the church to a body, with every part essential to the functioning of the whole:

...our bodies have many parts, and God has put each part just where he wants it. How strange a body would be if it had just one part! ... The eye can never say to the hand, “I don’t need you.” The head can’t say to the feet, “I don’t need you.” (1 Corinthians 12:18-21)

You are unique, and you have been set on a particular path for a reason. Your purpose is to express your uniqueness.

DAILY AFFIRMATION

I accept the purpose for which I was created.

“What do you have that God hasn’t given you?” (1 Corinthians 4:6)

JOURNAL FOR THE DAY

Carefully assess yourself and list all your unique strengths. Put the strengths you envy beside your own and, looking at these two person-profiles, jot down God's likely purpose for each. Are you fulfilling the purposes that your unique qualities have primed you for? Realize that unless you embrace your unique gifts, you will never fulfill your purpose, and the contribution you were designed to make – whether small or large in scale – will be lost to the world.

STOP NEGATING YOURSELF

Even when we are determined to achieve positive change, there are negative habits of mind that continually undermine our efforts to focus on the truth. Negative thoughts that play in our minds are one of the most common sources of lies that contradict God's good promises for us.

Having embraced your uniqueness and recognized the power of God's unconditional love, switch off all the negative tapes that keep playing in your mind. Replace them with positive affirmations of your strengths and God's promises, and focus your mind on affirming rather than negating yourself and your life.

Living affirmatively is a discipline and requires continuous effort to control your thought life. The solution is, first, to identify the kinds of negative thoughts to which you are most susceptible – the discouraging tapes that play most often in your mind. Second, clearly identify these thoughts as false, using truths from God's Word. Third, every time you notice one of those tapes clicking into gear, immediately contradict them with one of God's promises.

DAILY AFFIRMATION

I remain conscious that my habits of mind direct my path.

"May all my thoughts be pleasing to him, for I rejoice in the Lord"
(Psalm 104:34)

JOURNAL FOR THE DAY

Identify at least three negative thought patterns that interfere with positive living daily. Next to each, write a positive affirmation and scripture that reminds you of the truth, which you can use to respond to these thoughts.



DON'T AVOID PROBLEMS

Problems give us opportunities to learn and grow. Each time we grapple with a problem, we gain strength, and in this way we are able quickly to deal with the same kind of problem in future. The next time the same obstacle appears, it barely slows us down.

On the other hand, if we avoid problems, we will remain stalled. Believing we are not equipped to face the issue ahead of us, we simply stop and progress no further on our path. As a result, we never develop the strength we need to overcome the problem.

Problems should be treated as challenges. Endeavor to solve problems, not avoid them. Seek help if needed, but don't complain: each problem is just another lesson in the school of life.

As Paul wrote to the Romans:

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character (Romans 5:3)

DAILY AFFIRMATION

I embrace the challenges that build my endurance.

"Let us run with endurance the race God has set before us." (Hebrews 12:1)

JOURNAL FOR THE DAY

List some challenges that you need to face, and take note of the kind of growth you can expect from dealing with each. What strengths will you have developed once the problem is behind you?



ACT AS IF YOU ARE ALREADY WHAT YOU WANT TO BE

We have already looked at the power of faith and positive expectation. What could be more powerful, then, than acting as if you have already reached your goals?

In your spiritual walk this means connecting with the spiritual being that is you, and approaching life as if you are in constant communion with God. Remember, there is no division between God and his people. His spirit dwells inside us, and God has put his laws in our hearts and written them on our minds (Hebrews 10:16).

Connect with the spiritual reality: you are perfectly designed for a purpose and backed up by God's promises and the amazing power of faith.

DAILY AFFIRMATION

I am perfectly designed for my purpose. I am following the path that God has laid before me.

"You made all the delicate inner parts of my body and knit me together in my mother's womb.

Thank you for making me so wonderfully complex!

Your workmanship is marvelous – how well I know it.

You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb.

You saw me before I was born. Every day of my life was recorded in your book. Every moment of my life was laid out before a moment had passed." (Psalm 139:13-16)

RESPECT YOUR OWN NEEDS

There is a difference between living abundantly and just existing. To grow, you need to rise above merely surviving and into abundant life. Contrary to the doctrine of suffering, Jesus claimed his purpose was to provide his followers with a “rich and satisfying life” (John 10:10).



Abundance is not about wealth but about a life of meaning and contentment. Identify what really fulfills you, and take care of these deeper needs as a priority. Everyone needs to make ends meet, but focusing on only the physical necessities starves your spirit and saps you of life. Meeting your emotional and spiritual needs, on the other hand, will increase your sense of worth and well being.

DAILY AFFIRMATION

I am open to learning the lessons that will allow me to live my life more abundantly.

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.” (John 10:10)

JOURNAL FOR THE DAY

What lessons about living abundantly can you draw from your current situation?



INSPIRE YOURSELF BY GETTING INVOLVED

Having accepted that you are designed for a purpose, get going! There's only so much you can achieve browsing catalogues and watching daytime TV. By stepping out and getting involved, you take your rightful place in the world you were designed to contribute to.

Get involved in jobs and activities that make you feel good about yourself. Devote leisure time to hobbies and activities you find stimulating and enjoyable. Give more of yourself to those around you.



Get out there and find your rightful place in God's creation.

DAILY AFFIRMATION

I live my life with purpose.

“Take heed to the ministry which you have received in our Lord and that you fulfill it. (Colossians 4:17)

JOURNAL FOR THE DAY

Make a list of the things you could get involved in and how this involvement might bring you closer to fulfilling your potential and making the most of your unique design.

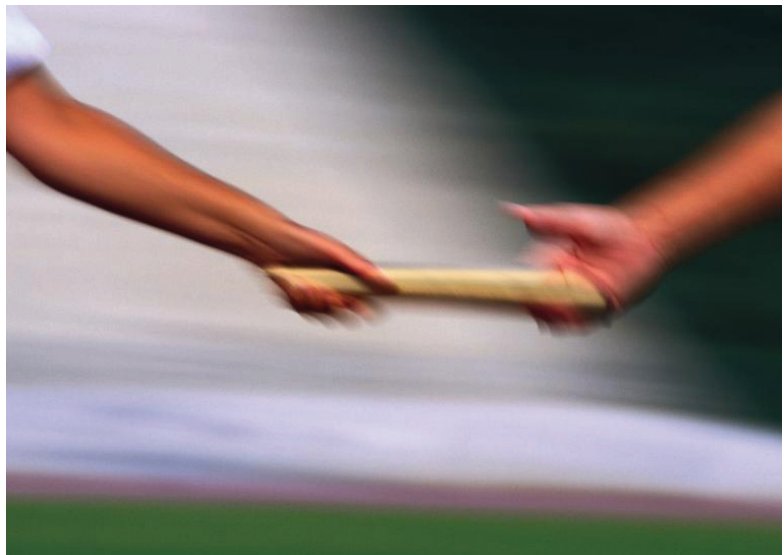
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SURROUND YOURSELF WITH LIKE-MINDED PEOPLE

Don't waste what is holy on people who are unholy. Don't throw your pearls to pigs! They will trample the pearls, then turn and attack you. (Matthew 7:6)

Are the people in your life a positive or a negative force? Do they help and motivate you in this endurance-testing race that is life, or do they sap your energy and slam on your brakes?

The people around you reflect and determine who you are. So it's very likely that, if you want to change yourself, you will soon feel a mismatch between your old peers and the new you. While taking care to consider the feelings of others, be wise as you decide who to spend your precious time with. Seek out positive people who share your life vision and will help keep you motivated.



Your connections affect the direction and tone of your journey – choose them wisely.

DAILY AFFIRMATION

My relationships support my continuing growth.

“You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.” (1 John 4:4)

JOURNAL FOR THE DAY

List the people closest to you. Are they motivators? If they tend to influence you negatively, how will you manage these relationships to minimize the negative and bring out the positive?



“Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life” (Deuteronomy 30:19)

TAKE ACTION



You have a mighty God as well as all the practical tools behind you; you have everything you need. But our knowledge and convictions alone are not enough; they must be backed up by the way we live. James gives the example of Abraham, who confirmed his faith in God by his action: offering his son Isaac on the altar. The conclusion: “his faith and his actions worked together. His actions made his faith complete” (James 3:21-22).

Now it is time to act. Put all your faith in the power you are granted as a child of God. Rely on the spiritual laws. Invest love, hope and positive expectation in everything you do. Do not allow your trust in God to waver, “for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind... their loyalty is divided between God and the world, and they are unstable in everything they do” (James 1:6-8).

Write down your goals and take action. As you take up the challenge, know that “it is not you that is doing the work” Trust the Spirit of the Lord inside of you.

DAILY AFFIRMATION

Today I step out with faith in God’s design.

“So you see, we are shown to be right with God by what we do, not by faith alone.” (James 2:24)

JOURNAL FOR THE DAY

Write a list of the things you want to achieve, and what you need to do to move toward them. Also consider the pitfalls you might face and the tools you will use to ensure that these obstacles do not stunt your spiritual growth or stall your journey.



THE NEXT STEP

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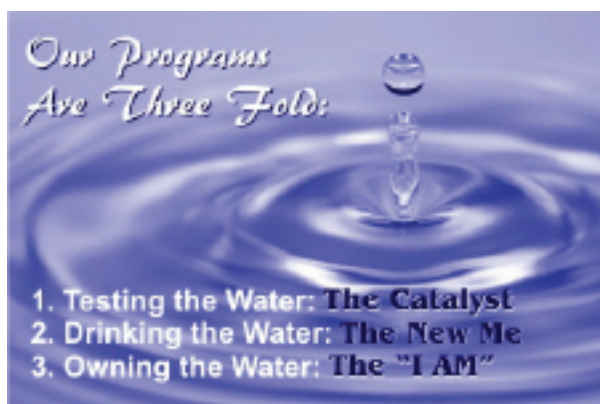
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around you; power to be who you really are.

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ABOUT THE AUTHOR

A successful entrepreneur and sought after international motivational speaker, the love, compassion and dedication to the betterment of mankind of Rev. Dr. Dee Adio-Moses is what has endeared her to everyone that has come in contact with her.

A modern day key proponent of Oneness Consciousness as a healing strategy; she provides step by step program for mastering your emotions, your body, your relationships, your finances and your life. Dr. Dee has held workshops and seminars in North America, Europe and Africa empowering people to take charge of their lives by helping them to use Oneness Consciousness to discover the power within them to do incredible things in their lives.

She consults for corporations, businesses and non-profit organizations in strategic planning and business development.

She is a community leader involved in many non-profit organizations.

Her passion and zest for life is infectious and her commitment and relationship with God is worth emulating.

She is the well respected author of “You Are Enough” an acclaimed book on “12 Healing steps for your Health, Wealth, Love and Happiness”.

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Rev. Dr. Dee Adio-Moses is the Founder, Spiritual Director of Healing Center of Christ International and of Life Empowerment, Inc., a non-profit organization. She is an ordained minister and trained metaphysician with a PhD in Psychology specializing in Holistic Life Counseling. She is married with three adult sons and grandchildren.



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