

WORD

Proverbs 23:7 says, "As a man thinks within himself, so he is." This is such a powerful truth. If we think we cannot do something then we probably will not be able to do it. If we think we are a failure then we will not even try to succeed. What we believe is the basis for our attitude, what we can do and ultimately who we become.

Like my kids, far too often, because we fail at something the first time or two that we try, we end up thinking we cannot do it. The Bible tells us something different though. In numerous places it says things like: nothing is impossible for him who believes, nothing which they purpose to do will be impossible for them, and that nothing will be impossible for you. These are amazing words and they are true. It is absolutely amazing what we can accomplish if we simply believe we can, keep a positive attitude, set our minds to it and work hard. With God all things are possible.

APPLICATION

1. Each morning this week, remind yourself that with God's help all things are possible to you and that nothing will be impossible.
2. Each time you face a challenging situation that would cause your attitude to slide ask God for help, believe that with His help you can meet the challenge and maintain a positive attitude.
3. Then you will see the power of belief.

Prayer: Lord forgive us when we get negative and forget that You will help us. Remind us this week that with You all things are possible. Help us to maintain a positive attitude, to persevere and see victory in our lives. In Jesus' name. Amen

Freedom Groups were created with the belief that we are all on a journey through life and that our heart's desire is to be free to be all that we can be. We all want to find effective ways of living and be successful. Trying to find these effective ways to overcome the challenges we face by ourselves just does not work well. We are all the same, no one is different. We need others to help us successfully walk our journey to effective living. Everyone is invited to freedom groups so we can journey together. Join in!



Power of Belief

NOTES

WARM-UP

As a kid, what was one of the things you did or made that made you most proud?

Was it an easy thing to do or make? Or was it hard?

What did other's think of your accomplishment?

Kyle Maynard is extraordinary. He is a motivational speaker, author, entrepreneur and accomplished athlete. Kyle has accomplished more with his life than most people even try to achieve. He attained the title GNC's World's Strongest Teen, he is a 2004 ESPY Award winner, he has been inducted into the National Wrestling Hall of Fame, he was named one of the Top Ten Outstanding Young Americans in 2007 by the U.S. Jaycees, he received the Secretary of Health and Human Services highest recognition award, and he has successfully climbed Mt. Kilimanjaro.

These are amazing accomplishments. What makes Kyle Maynard extraordinary is that he accomplished all this even though he was born with congenital amputation. His arms end at the elbows and his legs end above his knees.

Kyle is an incredible example of the power of belief. When Kyle was growing up he wanted to wrestle. When he started off it was really bad. He lost every match for a year and a half, 35 matches in a row. Over and over, people told Kyle that "a guy with no arms or legs will ever win a match in wrestling." Kyle bought into that belief for a year and half. With his iron will and parents who would not let him give up on himself, he found a way to win. His first win, after 35 straight losses, came as a complete shock to Kyle. He kept pinning the guy and kept letting him up until they stopped the match with the mercy rule. After this one win, he never went back. The next year in 8th grade he went undefeated and went to the State Tournament. We went on to win 36 varsity matches his senior year and defeated several state place finishers and state champions along the way. He ended his high school career by winning 135 matches, getting invited to nationals and placed 12th in the nation.

Kyle said, "It really had nothing to do with the physical side of things, but for a long time I bought into the belief of other people telling me that I'll never win a match, so I didn't." Kyle knows in his heart that he can achieve a lot of things that people said he would never be able to do. One interviewer said to Kyle, "Forgive me for being so blunt, but it seems to me that if a guy like you quits every time he can't do something the first time around you're going to be quitting at a whole bunch of things."

Kyle says he follows three main principles: always maintain a positive attitude, make the most out of every situation and set goals then achieve them. With these principles, and a belief that he can achieve almost anything, Kyle has become truly extraordinary.

Attitude Determines Altitude

I have heard it said many times that attitude determines altitude. This is to say that your attitude will determine how far you can go, or how successful you will be, in any situation. I believe it also applies to our life as a whole.

Who do you know that has achieved some significant accomplishments in their life?

How would you describe their attitude?

Belief Determines Attitude

What is the basis of someone's attitude? Obviously, attitude is partly how we choose to look at or address a situation. Kyle says he maintains a positive attitude. But on what basis? What give us the foundation upon which we base our attitude? The answer is our beliefs. It is our base level beliefs that become the basis for our attitude. If we believe we can achieve anything then it enables us to keep a positive attitude even in spite of difficult circumstances. If one the other hand, we believe that the world is against us and we cannot overcome then we have no basis for a good attitude. Kyle says he knows in his heart that he can do a lot of things that people say he cannot.

The people you have mentioned that have accomplished a lot, what do you think they believe about themselves?

What about you? What do you believe about yourself?

We Often Give Up Too Early

Several of my children have not liked the process of learning. It frustrated them. They wanted to be able to do whatever it was they were trying to do the first or second time they tried. They would often say, "I give up I cannot do this!" My wife and I would always encourage them that learning is all about discovering what they cannot do and figuring out how to do it. We would say, "With God's help you can do anything you put your mind to and work hard at."