

# One Hope for You in All Circumstances

It seems normal today for people to feel discouraged, stressed out, hopeless, and even depressed. The pace of our lives is part of the problem. Everyone seems to be in a huge hurry to go everywhere, even if they're going nowhere. The tensions of the world add anxiety and uncertainty—terrorism, political turmoil, wars, and rumors of wars. And the disintegrating values of our nation don't help matters any. We are constantly egged on by advertising and our peers to want more and more things, entertainment, pleasure, and leisure, and this brings on the added stress of working harder in order to afford these things. These combined pressures bring many of us down, inducing more or less permanent feelings of discouragement, depression, envy, guilt, frustration, anger, and a host of other defeating emotions.

What if I could show you a way to rise above all that? What if I could show you a surefire way to live so that these pressures and negative influences would never interfere with your joy and satisfaction with life? What if I could show you a proven method of increasing your peace of mind, reducing stress to the point that it almost disappears, and increasing the satisfaction in your marriage beyond your wildest dreams? What if you were to hear negative words from your mate, experience difficulties in life as we all do, but you rebounded in less than a day? Would you be interested?

In fact, I can show you the secret to accomplishing all this and more. The

secret is not original with me; I found the key to changing my life in God's Holy Scriptures. I discovered four awesome, God-given beliefs that, when embedded in my heart, brought about changes in my life far beyond what I ever dreamed possible. These principles work. I know they do because they worked miracles in my own life. And I know they can work in yours as well, because they are God's own principles for living and loving. They were written more than five thousand years ago, and I found them to be life changing for me. I've used them every day for over six years and I can't get enough. I suspect that you'll have the same response if what I write makes sense to you.

Wouldn't it be great if you suddenly found the willpower to lose all that unwanted weight in just six months? Wouldn't you love to achieve more of your goals and reap more benefits from your job? Wouldn't it be wonderful to experience the love and excitement in your marriage that you thought you had lost forever? It can happen. It provides more safety and love for your marriage than anything I know. As you fly through this book, you'll learn the secret to achieving all these dreams and so much more. And the secret is simple: all you have to do is change some of the beliefs that are lodged in your heart.

"Impossible!" you may say. "Surely just changing what I believe in my heart will not make such radical differences in my life." But it can. I am living proof that these four beliefs can change your life beyond measure. Discovering these beliefs has given me the most amazing and rewarding times in all my sixty-seven years, changing and enriching my life in ways I could never have imagined. Six years ago I didn't even know these principles existed. It was my psychologist son who introduced them to me. But when I began to put them into practice, the dramatic and exciting changes they produced in my own life led me to share them with people in my immediate circle. When I saw them change preteens, teens, and adults of all ages, I knew I had found something amazing that could turn a person's life around in just a few weeks. I couldn't wait to share these four beliefs with the world. That's why I have written this book.

## The Power of Beliefs

To show you how putting the right beliefs in your heart can change you, let me tell you a story about my oldest grandson, Michael. The incident occurred when he was ten years old. I had just discovered the principle of beliefs, but at the time I didn't know just how broadly they would apply.

Michael walked into my house as discouraged as I've ever seen him. I greeted him and listened as he poured out his heart about how miserable he was.

“Grampa,” he said, “Mom is driving me crazy. I can’t live like this. Can you do something about it? Can you talk to her?”

The more I listened, the more I realized that his problem with his mom—Kari, my daughter—was nothing more than her insisting that he be responsible about her rules concerning household chores and homework. But what he wanted was my help in changing her so she wouldn’t bug him any more and *cause his unhappiness*. I’m very close to Kari, and she is one of my best friends in life and a wonderful mother. I chose not to take his side or hers. I didn’t talk with Michael about the need to be responsible and to give one’s parents respect and obedience. Instead I decided to see if my newfound discovery of beliefs would work for a ten-year-old. So I asked him this question: “Is your mom making you unhappy or is she revealing some belief in your heart, which is the thing that is actually making you unhappy?”

He stared at me with that what-in-the-world-are-you-talking-about? look and asked me to repeat the question. I did, and then I went on. “Michael, would you do something with me that I’m almost sure will get you over your frustration, no matter what your mom says to you?” He agreed, and so I said, “You and I are going to learn three scripture verses and say them to each other every day until they sink in as new beliefs in our hearts.<sup>1</sup> Are you in?”

“Yes, I’ll do it,” he replied. “Are you sure this will really work?”

“It has for me, and I’ve seen it work for a few others who have tried it. You could be my youngest guinea pig.” I prayed fervently that it would work for him. I didn’t want to disappoint him further. He looked deeply into my eyes and said, “Gramp, I have seen changes in you over the last two years; yes, I’ll try this with you.”

We did learn those three scripture verses, and we helped each other rehearse them several times per day for over a year. And then I think I witnessed a miracle. Here’s the story as he shared it.

His mom picked him up at school one day and asked him if he had brought everything he needed to do his homework. He said he had. But after she had driven two miles through difficult construction traffic, he suddenly remembered that he had left something very important in his locker.

“Mom, can you take me back?” he asked. “I left my spelling book, and I need it for a spelling test tomorrow. I can’t do without it.”

“Michael! What is wrong with you?” Kari exploded in frustration. “Why didn’t you think of this when I asked? How can you be so irresponsible? You’re just like your grampa!” She was really at the poor kid’s throat, and she kept up the verbal barrage, using the *tough love* method.

When he arrived at home, Michael sprinted through the woods to my house to share what had happened. He banged on my door, yelling, “Total miracle, Grampa!”

He told me the entire story, and then he said, “Usually when Mom starts in on me like that, I talk back, saying something like, ‘Just put a cork in it, Mom. You’ve told me this a million times, and I’m tired of hearing it.’ But this time I didn’t say a thing; I just listened because all three Bible verses rushed into my mind. Then in the middle of her angry lecture I interrupted and said, ‘Mom! Mom, wait!’ She stopped, glared at me, and demanded, ‘What is it now?’ I said to her, ‘Mom, I can tell by your words how much you love me, and because you love me, you want me to do better in school, right? I just want you to know how much I really appreciate that, and I thank you for loving me so much. Would you please forgive me?’”

Kari told me later that when Michael said this, her jaw dropped to the steering wheel. She got goose bumps and had to pull the car over because she could no longer see for the tears in her eyes. She told him how much she loved him, and she forgave him. Being overwhelmed, she said she felt like handing Michael her purse and telling him to go buy whatever he wanted.

My experiment worked. Michael simply changed a couple of beliefs in his heart, and that change affected not only his behavior but also his attitude and relationship toward his mother. Things did not suddenly go perfectly for him, but with the change in his inner belief, his parents and I saw the dramatic changes in his life. His discouragements and frustrations were lowered significantly. And over the past three years, he has increased the changes in his heart, and his mom wrote me a letter outlining those changes.<sup>2</sup>

In this book I will tell you many other stories—several of them about my own experiences—showing how people with major life difficulties overcame them by going to the root of the problem and changing the beliefs in their hearts. I’ll tell you of my own *water-to-wine* miracle of overcoming a lust problem, of marriages that seemed impossible to heal, of people caught in addictions they thought were hopeless, and many other examples of how changed beliefs produced changed lives. No matter what you are facing in your life, this could be your story as well.

Our beliefs usually come to us from our parents, or we pick them up from our culture. Thus we are likely to be as happy or unhappy as our parents were or as our culture is as a whole. But I don’t want my happiness to be dependent on others, whether it’s my parents or the culture in general. I know that God created me to be filled with joy (inner happiness that is not dependent

upon my happenings), peace, and love; therefore, in the past few years I have learned to base my beliefs solely on Scripture. It is in Scripture that I have found the four major beliefs I am basing my life on today. I have many more I'm working on as you'll see in appendix 5, but these four beliefs are where I started to experience the best riches in life. These are the key beliefs I have been diligent to embed or *hide* in my heart so that they become guiding principles for everything I do in life. And I have found that they work. If we will conform our minds to these four key beliefs that were designed by our Maker, they will put us on top of everything that matters in life.<sup>3</sup>

The result of embedding these four beliefs in my heart has been an almost complete victory over worry, judging others, irritations, lust, eating habits, anger, complaining, disharmony with others, and ingratitude. My stress level is now almost nonexistent. My health is much better than it has been since I was a very young man. But even if my health fails and chronic aches and pains begin to wrack me, I will still be able to maintain a grateful heart and remain joyful—all because of these new beliefs I have implanted in my heart.

Learn these principles and you will discover how to manage your own heart and reap the wonderful consequences of a much closer walk with God and harmony with others. You'll be thrilled at the growing compassion in your heart toward all people. It all comes as a gift from God when you learn to adjust your deepest beliefs to only a few of the most powerful living words in his Scriptures. Just think of it. God's Word is truth (John 17:17), and you will know this truth, and it will set you free! (John 8:32).

In these pages I will touch on many important beliefs from God, but my main theme will center on the four beliefs that I explain fully, beginning in chapter 10, as well as the five steps that can set you free, explained in chapter 5. Everything in this book prior to chapter 10 is preparatory and introductory to these four beliefs. If you get too curious, feel free to skip to these chapters. But I urge you to read the preparatory material as well. You may find that you have some *bad* beliefs that will be rooted out as you open your heart to the empowering truth of godly beliefs.

To sum it up, the concept is how you can manage your own life and make improvements in any area you wish through changing a few beliefs by the power of our Designer and his words.

You may be way beyond me in this journey. You may already know these four beliefs and have them firmly hidden in your own heart. If so, that's great. For you this book may be just a testimony of a person who has just learned to walk with God and take his words and beliefs seriously. If you already know and live by these principles, you will be able to influence others so that these amazing beliefs can spread across the world.

## Beliefs: The Key to Your High Quality of Living

One of the most powerful truths to come out of my discovery is that no one can make you unhappy. Your ability to be happy or unhappy is entirely in your hands. You will be as happy as the beliefs in your heart allow you to be, and no person or circumstance can make you happier or unhappier than that.

The idea that you control your own happiness is such a foreign concept that many people find it simply unbelievable. Humans do terrible things to each other all the time. They lie, steal, hurt, deceive, and even maim and kill. How can one possibly say that having these things done to you wouldn't make you unhappy? That's the way most of us reason, but, as I will show you in this book, it's a huge lie that's stuck firmly in the hearts of men and women. And I, along with a lot of them, have been clueless that it is a lie.

The lie is that someone else—or something else—is the cause of your unhappiness. As you will see, this simply is not true. No one is making you miserable. You are never, ever, a victim of someone or something else. Your happiness is always in your own hands. You are and have always been 100 percent responsible for the quality of your life. As I said above, you will always be as happy as the beliefs in your heart allow you to be.

Nothing and no one can take away your happiness or joy unless you hand that job over to others or to your circumstances. To find enduring joy and peace, you must learn to recognize and accept the reality that your Designer created the best beliefs for you to store in your own heart, and those beliefs determine your level of happiness. I can see now why King Solomon warned all of us, "Above all else, guard your heart, for it is the wellspring of life" (Proverbs 4:23).

This truth seems so extreme that you may wonder if it will work in every situation. My answer is that if it can work for a person in a horrible World War II concentration camp, it can work for anyone. The now-famous Austrian neurologist Dr. Viktor Frankl suffered under Hitler in just such a camp. He endured terrible physical torture. And worse, his father and his wife died in these camps at the hands of the Germans. Yet he wrote, "The guards could control how

much pain I was in, they could torture me, deny me food, but they could never control my thoughts.”<sup>4</sup> After the war was over and Frankl was freed, guards in his prison section wrote that they had never met a happier person in their lives. Isn’t that amazing? A mistreated, tortured prisoner was the happiest person they knew. Happier than the guards who maltreated him! What would give this man such control over his emotions and the quality of his life in a terrible concentration camp where pain and death were constant companions? He had learned one of the greatest lessons in life. His happiness came not from how he was treated, but from how he thought about his treatment. He was in control of what he allowed himself to think about all day long.

Frankl had discovered the key to changing one’s life. He discovered that there is tremendous power in learning to control your thoughts. As the ancient Greek philosopher Epictetus said, “Men are disturbed, not by things, but by the view they take of them.” When you learn the right thoughts and *chew on them* over and over, day after day, they will lodge in your heart as beliefs. Those new beliefs will become the controlling principles of your life. And

What you think about  
all day long, over long  
periods, eventually  
seeps into your heart  
as a belief.

then no person, no circumstance, no amount of mistreatment can touch you at the center of your being, which is where true quality of life resides. You’ll get knocked over from time to time, but it’s amazing how fast you’ll get back up on your feet.

The key to a fulfilling life is to find the best and most truthful thoughts to think on day and night and store them in your heart as beliefs.

God has already answered the question about what beliefs to store within our heart. It was recorded for us thousands of years ago in Deuteronomy 6:5: “Love the Lord your God with all your heart and with all your soul and with all your strength.” This one belief will accomplish more in your life than any other belief I know.

If you’ve never been exposed to the concept of beliefs controlling your well-being, I know that it probably makes no sense to you right now. It’s counter-intuitive. It goes against the way people normally think and believe. It goes against the way people around you act and live all the time. It even causes some people to react negatively to me when I teach it. They have spent their

entire lives blaming others or circumstances for the quality of their lives, and it's as if I have taken away their foundation for feeling discouraged.

You and I live in a fallen world where things tend to fall apart. No matter how carefully you construct your life, the seams tend to unravel: relationships go sour, company graphs go south, doctors' reports stun us, the air conditioning goes out, the car refuses to start, the commode stops up, rain ruins the vacation. Even a bad hair day wrecks the equilibrium of some people.

I want to show you that if your life or any part of it is miserable because of what someone has done to you or because of something you don't have or something you have lost or because something doesn't work, you have relinquished your innate power of control over your life. You need not remain in misery, however. You can get out of it, and getting out of it is really quite simple. All you have to do is change or revise some of your deepest beliefs. It's so miraculous that, at first, it seems impossible. But really, it is deceptively simple.

Simple, however, doesn't always mean easy. The concept of changing your beliefs is simple, but making the change stick and become deep and meaningful won't just happen. It will take some *want-to* on your part. It will mean replacing old beliefs that you have inherited or acquired—beliefs that have stuck to your heart like barnacles to a boat, beliefs that are lies and have no business being there. Beliefs that slow you down but can easily be gotten rid of once you understand how. I won't be asking you to dig deeply into your subconscious and discover those early childhood beliefs that may be wrecking your present life. I'll just add a few new beliefs that will wipe out or cover over the old ones that are *doing you in*.

This book is all about understanding how those powerful beliefs you already store in your heart are controlling your life in every way. I want you to understand how you acquired your beliefs and how they control you. I want to show you how to change your old destructive beliefs, especially the three *deadly* beliefs that are the most damaging to you and actually drain love from your life. And finally, I want to show you the four most important beliefs to store inside your heart and how to embed them deeply.

The next chapter starts the process by showing you how you got your beliefs and how your current beliefs are affecting everything you think, say, or do.