

I CHOOSE

LIFE OVER STRIFE

DEVELOPING HEALTHY
RELATIONSHIPS



ENJOY THE PETALS

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Life is a journey! With moments: Happy Moments! Sad moments! Angry moments! Do you have moments when ugly negative words and images are swimming in your mind to influence you to say or do something ugly or unloving? Don't say it or do it! Instead! Say these words: "I choose life over strife"!! You and I become what we speak and when you and I say these words: "I choose life over strife", then our actions and reactions will start having a softer tone, and that is going to help you and I create healthy relationships.

Say it aloud **"I CHOOSE LIFE OVER STRIFE"**.

I like rhymes so I hope you like this rhyme: "Don't allow negative thoughts to swim in your mind; don't allow selfishness to make you blind". It's interesting, negative thoughts are like cancer cells; like cancer cells they multiply.

One negative thought becomes two, then two negative thoughts become four negative thoughts, then four become eight negative thoughts. And so on until your mind becomes consumed with negativity, and then you'll find yourself BEING all crazy, not realizing that your thoughts also are having an influence on your emotions. That is why the word of God reminds us: Think on these things: whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things. (Phillippians 4:8). Control your thinking, and you'll have an influence on your actions and reactions. Born again Christians will find yourselves BEING a Christian by reflecting the nature of Christ within you.

Say it aloud **"I CHOOSE LIFE OVER STRIFE"**

Reflecting the nature of Christ? Yes! As born again believers we have the nature of Christ within us! Realizing and walking in the truth that the nature of Christ lives within us, that truth will have an influence on how we act and react towards our spouse, family members, co-workers, neighbors etc. "For where strife is, there is every evil work" (James 3:16) So many people have grown up in dysfunctional homes. We all have a "story" about the ugliness we grew up in.

Personally, I grew up in what I think was a violent world! I remember my Dad woke me up, to point a gun at my mom laying in bed, I can also remember him chasing my mom around the house with a sword. And yes! Those dysfunctional memories have had an influence in who you and I are today! TODAY You and I can change our world! TODAY! Do YOU want to build healthy relationships; and build a healthy marriage? We become what we speak! So these words spoken daily "I choose life over strife" will have an influence on how you act and react, and help you build healthy relationships.

Say it aloud **"I CHOOSE LIFE OVER STRIFE"**.

Do you agree? Living with yourself is challenging, and living with others can be challenging at times. (Our mind races with negative, selfish thoughts and then the pressure of life itself) We have to control our thoughts to control our actions and reactions! How many times have we been short with someone because we thought they were angry with us, then to realize they weren't angry with us in the first place? I am encouraging you to "choose life over strife" regardless of how you are being treated, and feeling. Get out of your feelings! You'll find yourself walking in peace with yourself, with others, and most importantly walking in peace with our Creator! Choose life over strife and you'll possibly develop harmony in your relationships. Blessed are the peacemakers!!

Say it aloud **"I CHOOSE LIFE OVER STRIFE"**

Moments in life were created by decisions! Decisions that you made, or decisions made by someone else. Those decisions made were influenced by thoughts, feelings, and emotions so I am encouraging you in those moments to “choose life over strife” so that you’ll make healthier decisions. There is power in your words! These words will have an influence on how you act and react. You become what you speak!

Say it aloud **“I CHOOSE LIFE OVER STRIFE”**

Sometimes in those moments when you don’t know what to say or do, it is best not to say anything at all!! When in doubt, don’t speak it out. Choose to walk in love and respect towards others! Blessed are the peacemakers!

Peacemakers will walk in spiritual, mental, emotional, and financial prosperity. That is not just dangling a carrot, it’s a promise. BLESSED are the peacemakers (Matthew 5:9). Come and visit Harvest Time 4430 Jimmy Johnson in Port Arthur, Texas and grow in BEING a Christian. Say it aloud **“I CHOOSE LIFE OVER STRIFE”**

I think it's safe to say we ALL have been hurt and we ALL have hurt someone! Live TODAY!

Yesterday is gone! So don't harbor a negative attitude about yourself, about who you used to be or harbor a negative attitude about others and who they used to be. We all have different personalities, different backgrounds. Life is a journey, with all kinds of moments! We all have flaws! Flaws! Flaws! We all have flaws! That's why there are laws. That's why we are carrying scars! So let's pause before we get annoyed with ourselves and with others because of their flaws, (did you catch the rhyme?)

When you and I are interacting with people; We need to respect and love one another! Regardless of their flaws. Even when it hurts! Let's build relationships with love and respect! Not on selfishness: money or sex!! It's a shift of your attitude!! When those negative thoughts come in your mind, and when you want to get angry, don't respond angrily; don't make those snide comments. Instead

Say it aloud **"I CHOOSE LIFE OVER STRIFE"**

I want to encourage you to walk in love and respect towards one another, to enjoy the beauty of life, to enjoy the beauty of relationships, and DO NOT focus on the thorns of life! The thorns that cause mental and emotional torment and pain. There is no gain when you and I complain! As you and I allow Jesus, the word of God to influence our mind, will, and emotions, then our lives, our relationships can flourish as a Rose in the midst of the thorns of life! With the reward of HEALTHY relationships!!

Say it aloud **“I CHOOSE LIFE OVER STRIFE”**. Consider the Rose and its thorns. The Rose represents YOU. The thorns represent the troubles and irritations of life. Your mind, will, and emotions are pricked with pain as you strive to blossom, to flourish in life, in your relationships. We all want a happy marriage, successful relationships. Why do some people blossom as a Rose in the midst of the thorns, and why do other people wallow in the thorns of anger, bitterness, hatred and hostility, jealousy, racism, and strife? Why is there so much ugliness being acted out in our world? In our marriage?

For hope and healing, we have to change our attitude!! It's our attitude towards people that can influence people's attitude towards us!! If you have a poor/ugly attitude about people, then you won't "choose life over strife". We shape our relationships by our attitude! We can alter our relationships by altering our attitudes! And sometimes it's a daily attitude check.

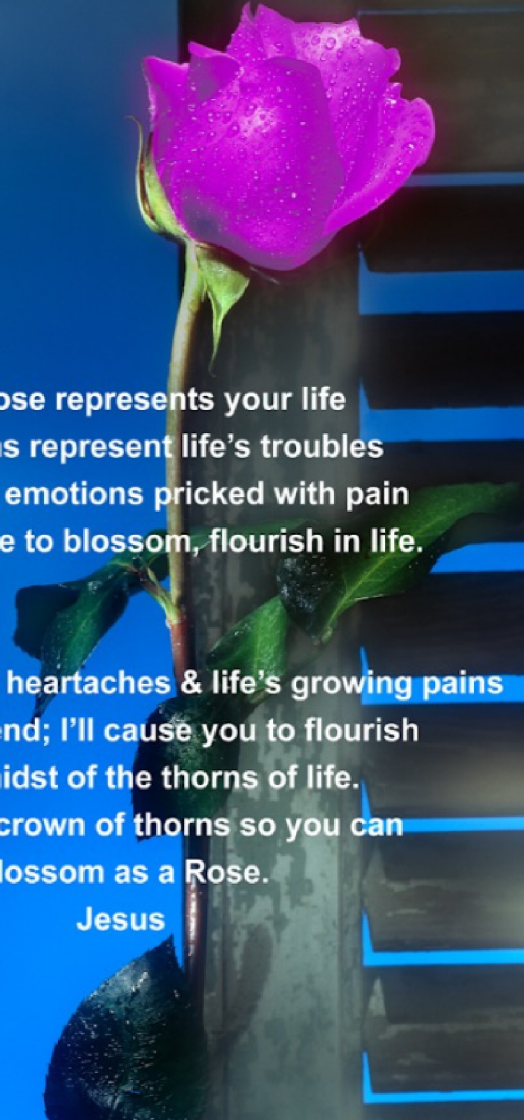
Say it aloud **"I CHOOSE LIFE OVER STRIFE"**

In this journey called LIFE, change is something you can count on! One day you could be happy, another day you could be sad, or depressed. These changes in your emotions are influenced by the thoughts you think and the words you are speaking. If you don't like your environment; you need to change your attitude! Our relationships are a mirror of our attitude!! To change the relationship we have to change our attitude first!! Don't wait for them to change their attitude towards you! Change your attitude towards them! Your mind can only hold one thought at a time! So replace negative thoughts with positive thoughts!!

Say it aloud **"I CHOOSE LIFE OVER STRIFE"**

Thank you for this beautiful opportunity to share in your journey called LIFE. We all want happy healthy relationships so CHOOSE LIFE OVER STRIFE and you've increased your chances of having a happy healthy relationships/marriage. Enjoy the Petals of Life.

To Someone Special



This Rose represents your life
The thorns represent life's troubles
Your heart, emotions pricked with pain
As you strive to blossom, flourish in life.

I'm aware of your heartaches & life's growing pains
I'm your friend; I'll cause you to flourish
In the midst of the thorns of life.
I wore the crown of thorns so you can
Blossom as a Rose.

Jesus

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