

152 STAIRS TOWARD CONTENTMENT

CHAPTER 3 | TEACHING SEGMENT 3

(PLEASE WATCH THE STORY SEGMENTS CONNECTED TO THIS CHAPTER)

OUTLINE

WHEN WE PAINT THE PORTRAIT OF OUR LIVES WITH COLORS DIPPED IN OUR VICTORIES, WE INFUSE OUR VISION WITH CLARITY AND CONFIDENCE.

PREMISE:

- Our faith is activated through **BELIEF** in God's Word
- Paint our future with past **VICTORIES**
- The stairs of life develop **RESILIENCE** and **AUTHENTICITY**

1. THE ACTIVATION OF OUR FAITH

A. Words, pictures, and emotions

- God speaks to us in the Bible through words that create pictures that are connected to emotions.
- If we read only for information and don't attach ourselves within those pictures according to how God sees us, the neuron of our brain does not make an adjustment.
- For transformational life change, we must *believe* His Word.
- The activation of our faith begins with a revelation, activating a pathway in our brain that tells us, "This is possible!"

- When we focus on the negative (fear, worry), we're recreating negative pathways in our mind. Focus on what is true and eternal, embracing these truths.
- When you activate your faith through words and emotions that create new pictures, you realize, "That memory can be healing; I don't have to live with past resentment."

B. Choosing our path: avoid the elevator, take the stairs

- James 1:22–24 tells us to not only listen but to act on what we hear.
- Read, meditate, and visualize as you read God's Word.
- When we choose an "elevator" to success rather than the arduous "stairway" journey, we bypass the route that leads to true growth and character development.
- The stairs build resilience, character, and authenticity, while the elevator can build pride, resentment, and arrogance.

2. BUILDING CONFIDENCE AND RESILIENCE

A. Painting on the canvas of our lives

- Memories are like paint—some dark, some light—yet even the somber colors have a part in creating a beautiful portrait of our lives.
- We must have a clear vision that brings us to action.

B. Victories create confidence, clarity, and accuracy

- Victories in our lives create joy.
- When you recall victories, even simple ones, you can use them to paint your life.

- When you are discouraged, stop, refocus the train of thought which dictates your emotions, and focus on a victory. Dip your paintbrush into your past victory and paint it into your dark day.

C. Remember God's faithfulness

- God keeps His word. When we fail to see His miracles, it could be our inability to see how He is working, or we are relying on our own works to see Him move.
- He will do a miracle because He loves us. It is by His grace that we can see miracles transpire.
- Don't give up on God or expectations of victories in your life!

*** PLEASE CONTINUE TO CHAPTER 3 – TEACHING SEGMENT 4**