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# **C O N T E N T S:**

|   |            |
|---|------------|
| <b>Why Psychology Doesn't Work</b>                | <b>4</b>   |
| <b>The Difference Between Gifts &amp; Talents</b> | <b>13</b>  |
| <b>How to Discover Your Purpose</b>               | <b>20</b>  |
| <b>The Weapon of Prayer</b>                       | <b>28</b>  |
| <b>Overcoming the Trash Talkers</b>               | <b>35</b>  |
| <b>Defeating Death &amp; Tragedy</b>              | <b>44</b>  |
| <b>The Dangers of Religion</b>                    | <b>54</b>  |
| <b>Distractions</b>                               | <b>69</b>  |
| <b>The Process of Spiritual Maturity</b>          | <b>73</b>  |
| <b>Understanding Anger</b>                        | <b>80</b>  |
| <b>Jealousy – The Green Eyed Monster</b>          | <b>88</b>  |
| <b>When Success Is Not Enough</b>                 | <b>91</b>  |
| <b>Seduction of Education</b>                     | <b>100</b> |
| <b>The Friend Called Failure</b>                  | <b>109</b> |
| <b>Boundaries</b>                                 | <b>118</b> |
| <b>Rebound from Pain to Power</b>                 | <b>123</b> |



# **Why Psychology Doesn't Work**

The Cleveland Cavaliers basketball team recently won their first NBA Championship. They were down 3 to 1 games in the finals as the Golden State Warriors appeared to be positioned to take possession of their second NBA Championship, BUT! Guess what? The Cleveland Cavaliers came back and took it all!! How? They knew their purpose was to win. They were prepared. They had the skills to do it, and they did.

These men did not win the game on the basketball court as millions looked on. No, they won the NBA Championship in their hearts, first. These ball players knew who they were long before the crowd witnessed their record breaking defeat of the Golden State Warriors despite the agony of defeat and setbacks, nonetheless, they stayed their course and their purpose pushed them into victory. These men were born to play basketball.

Mark Twain said it best, “The two most important days of your life is when you’re born and when you find out for what.” Finding the answer to the most important question in life: Who Am I, cannot be answered from the same source. It must be ‘outsourced’ to be discovered. Let me prove it to you: Fish cannot survive very long outside of

water. Water is their source to maintain life. Take them from their life source; it's just a matter of time, they will die. It is inevitable. There is nothing in the earth that is animated, breathing, growing or electrical that can be sustained or maintained from within its self. Flowers need water and sunlight. Cows need grass. Cars need gasoline. Your cell phone needs electricity to charge it. *Human beings need God!* This is why self-help and psychology does not work.

You cannot recharge your cell phone from another cell phone. It has to be hooked up to an electrical outlet to receive power from another source. Self-help and psychology cannot assist you in discovering who you are, and why you are in times of crisis, why? You did not create yourself and your psychotherapist did not create you either. God did! Humans are of the same source.

**You cannot overcome spiritual challenges with man-made remedies.**

Since the fall of man in the Garden of Eden where Adam and Eve sinned, Genesis 2, man has been like fish out of water. Becoming skillful with ones talent will assist one in 'flopping' around for some time, but eventually all human beings will ask the question, who am I? What was I born for? What is my purpose for living? Their talent will not be enough.

Talents are natural, given at birth, but gifts and spiritual identity are only given by God, from God, to those who will seek him to find their God purpose. Without discovery, talented people begin to lose 'breathe' in the game of life. Talent alone will not fulfill you and take you the distance in the game of life. This is why famous, wealthy and very talented people take their own lives. This is why multitudes are unable to defeat destructive behaviors, though they are appraised for their talents, nonetheless, they are privately tormented and defeated by depression, loneliness and death.

Talent is like the standard icons and APPS that come on your smart phone. You can shuffle them around and update them, but if your phone is damaged, they are good for nothing, but show. Natural talents have been given to every human being by God since the fall of Adam and Eve in the Garden of Eden. They are standard. And like cellular phone standard APPS, when the phone is damaged, they cannot restore the phone, because the 'purpose' of the phone has been compromised. It's now time to visit your local cell phone store where they are experts in repairing damaged phones and will always tell you, we have "new updates" you knew nothing about and they are always free. God is the same way, when we humble ourselves to him, he updates' our life with spiritual "gifts" freely, for you to now give freely

to your fellowman. This is the “circle of life!” This is a life worth living. When you give, you live! The essence of God’s nature and character is that he is a giver. He is the ultimate giver.

Your character is the real you, your job is what you do, and for some, they are not able to keep their jobs because of their character, now follow me carefully here... The Cleveland Cavalier players are professional ball handlers. They get paid lots of money to do what they love, handle a basketball skillfully and make shots through a hoop, but without character or knowing who they were under pressure, they could not have risen to the occasion to win the 2016 NBA Championship Finals.

No one can meet God and remain selfish and self-centered. This is why multitudes feel lonely, because they are. *They are without God.* They are without purpose, only talent and recognition of other human beings. What good is a taco shell without the other ingredients? The taco shell does not make the taco, *the ingredients do!* Life with only discovery of natural talents apart from God is nothing but an empty shell of a life. It will eventually ‘crack’ under the pressures of life. The ‘harder’ the heart, the deeper one falls into the empty abyss self-pleasure and seeking recognition amongst their peers and counterparts to acknowledge their mere existence.

Talent can be easily discovered without God and confused for purpose. It can bring wealth, fame and power, but it cannot sustain you in times of *spiritual* crisis. It cannot fill the ‘empty’ space inside that God has purposely left for himself, for those who will seek and ask for his help. Pain is the vehicle most commonly experienced to find God. In times of crisis, your true character will come forth. It will either *derail* you or *propel* you. Pride says I don’t need God. Proud characters are left alone by God. He keeps them afar off. *“Though the Lord is great, he cares for the humble, but he keeps his distance from the proud. Psalm 138:6*

Crisis bring pain, if you have no pain, you will have no power. Pain must be put into proper perspective to be recycled to personal power. Power is momentum. It is energy to move something or someone. *All power belongs to God!* Without him, a person is like a beautiful, man-made Rolls Royce, without any gasoline. No gas, no power! Pain will crush you! It will leave you stuck in the ‘showroom’ of life, where everyone looks upon you, compliments your talents and appraise your accomplishments, but you have no power to go no further than that. After a while, all compliments and appraisals all sound the same, just spoken by another voice that passes you by in the ‘showroom’ of life.

Pain builds character, wisdom and confidence in God when a person surrenders their pride and their natural propensity to do all things without God. This book is going to ‘coach’ you how to overcome with God on your side, *not* religion; which is man’s attempt to appease God, and *not* psychology; which is man’s attempt to fix our problems without God. Your pain and sufferings will soften your heart or harden it. The latter, will destroy you. Without grapes being crushed, there can be no wine. Without squeezing the lemon, there can be no lemonade. Without pain in your life, you will never find God. With God you will never overcome your pain. He adds grace, like sugar is to lemons, to remove the ‘bitter’ taste of your pain. Then you are positioned, to recycle and share it with others to assist them in overcoming. *This is a life worth living.*

**Without resistance you cannot grow nor discover who you really are. You must endure resistance and pain.** Like muscle, you develop spiritually from *enduring* resistance, opposition and pain. These prepare you for discovering your purpose.

Purpose is fueled and maintained by preparation. Preparation builds confidence. It is essential to personal growth. When you are not confident in who you are, you will collapse under pressure.



This is why we must first ponder when pressure comes, this important question, who am I? The Cleveland Cavaliers individually and collectively came up with the winning answers: We are not quitters! We are strong enough and prepared enough to take this team out!! And they did!

In the game of basketball, the ball is constantly being handled on the court. Your purpose is the same; it has to be ‘driven’ and ‘defended’ constantly once it is discovered. God does not force himself on anyone. He is self-existing and His handy works speak for themselves; nature alone reveals his majesty and power. He patiently waits for each one of us to humbly come to him for the answer to our question ~ who am I, to be restored back to God for *his purpose* to be fulfilled in your life.

***The mountaintop is easy to relish upon, but the valley will prove what you’re made of.***

Each of the Cleveland Cavalier players have been playing ball since they were boys. They know the game and their sole purpose was to win, but not without the “I am” self-motivation that we all need from time to time. Speaking the truth to yourself is your defense when the double team of fear and anxiety is trying to shut down your game. You got to have some DEFENSE!!! Purpose has innate power to sustain you. It will stand in the midst of

your storm and pull you to shore. It cannot be brought. It has to be discovered. It has to be cultivated, respected and protected. Real purpose comes from God. Where purpose is, God is too! He created you and he knows what he wants from you, therefore as you embrace your purpose, God is there to back you up. The same as Dan Gilbert is for the Cleveland Cavaliers. He is the majority owner of this team. He knows exactly why each and every one of those players were chosen to play on his team ~ to win ball games. You were created by God to bring him glory.

Consider the flowers of the fields. No clothing designer can come close to the beautiful design that is revealed in one pedal! God is real, he is powerful and He wants to reconnect with you. He wants to have a relationship with you. He wants to restore your 'breathe' again. Like the fish out of water, you are losing life without God. That is why you must seek to find the answer to your question.

Discovering natural talent is very important, but having an encounter with God opens you up to your real purpose, it opens you up to life! God then gives you spiritual gifts he wants you to share with your fellowman. Let's move on and talk about the difference between gifts and talents and how to practically discover your God purpose.