

Life's Reflections & Questions

By Frank Miles



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Introduction

Life's reflections & questions is a pocket book about some of the many unknown things in life. We all have many questions about life, in this book we endeavour to answer some of these questions.

Life is sometimes not fair or right.

You may be reading this book and you are at a low place in your life, you may be in a nursing home, in hospital, facing bankruptcy. You may have got a medical report that is not good. There are many things in life that can be hard to bear. You may have just broken up with your spouse/ partner, girlfriend or boyfriend, you may have lost someone very close to you, and you might be saying why is this happening to me I just want to be loved.

Cancer is a devastating thing that affects many good people. But there is hope, light at the end of the tunnel! So be encouraged there is hope and you can find it. Find a comfy chair make a cuppa, relax, keep reading and enjoy.

Are you ready to meet your creator?

It doesn't matter whether we are 20years old or 60 years old, we seem to have the same questions about life.

There is a saying you can't put old head on young shoulders what does that mean? My father told me and his father told him. Its funny how certain things, certain traditions, and certain ways of doing things gets passed on to later generations, some things good, some things not so good.

Later in the book we will discuss this as well as many other sayings. If we are honest we would admit we are all fearful of something, some fear about being sick, some fear they will die in a plane crash, some have a fear of heights, some have a fear of becoming an alcoholic, or addicted to something, some have a fear of death, some have a fear of water, some have a fear of confined spaces, and some have a fear of getting overweight.

Overcoming fear will be covered later in this book. So what are you using to try to fill the void in your life?

- Material possessions?
- Mood–altering substances?
- Sex?
- Career success?
- The pursuit of intellectual growth?
- Excitement?

You may as well give it up now - it won't work. A lot of people suffer from emptiness and fear of death, read on!!

There is a saying:

***“Those that seek
the truth will find it.”***

Are you a truth seeker?

I believe that is true and I have seen the evidence time and time again. Why is it we have to impress our friends >>>>>>> never enough, flash cars, flash houses, filling our credit cards to the max. Always spending more than you earn. STATISTICS tell us that the majority of people are spending over 110% of their income.

Two good old sayings:

1. Practice makes perfect, and
2. Consistency builds character.

What is inner peace?

How do you find inner peace? (We will cover this later in the book.) So sit back make a coffee or a tea, relax, put your feet up and enjoy reading some encouraging true life stories and good things about life.

Chapter 1

Life's reflections

“Today is the tomorrow you worried about yesterday, but all is well.”
What is your fear and what can you do about it?
(Keep reading for answers.)

We fill our lives up with things, and there still is an emptiness deep inside that we can't seem to escape. Have you ever stopped to think about life?
“Life is froth & bubble”.

Two things stand out like stone.

- 1. Kindness In Another's Trouble, &**
- 2. Courage In Your Own Trouble.**

You may think there is not much more to life than partying, drugs, sex and drinking. But there is much more!!

Wise Saying:

“You can determine the value of a house, but can you determine the value of a home.”

The basic needs of the human heart are the same all over the world.

A true story of people Volunteering:

Fukushima Workers

As the devastation of the earthquake and the resulting tsunami unfolded in Japan in March 2011, the terrifying news spread around the world that Japan’s nuclear power plants were crippled and in danger of meltdown. At the Fukushima plant, one hundred and eighty workers, in groups of fifty, tried to cool the nuclear rods and stave off disaster. These men were in grave danger themselves from radiation poisoning as they attempted to secure the plant. While this is amazing enough, it is also remarkable that they were actually volunteering for this task.

They were not forced to, nor were they incentivised by money, but rather motivated by a desire to save their nation.

It is always inspiring to see people giving their lives for the good of others. History records that Jesus acted in the same way, motivated by human need, when He died on the cross for all humanity. That action still changes lives today.

*Have you ever stopped
and thought
why was I born?*

Love, Love >> forgive

It's funny when we think we are going to die, we cry out to God. At funerals we think and hope the deceased will always go to heaven.

Life:

Have you ever stopped to think about life?

Where did we come from?

Who made us?

Why are we here?

What is the purpose of Life?

Keep reading to find the answers!

You won't believe how simple some of the answers & keys are!

Chapter 2

A touching story cancer & divorce

When I got home that night as my wife served dinner, I held her hand and said, I've got something to tell you. She sat down and ate quietly. Again I observed the hurt in her eyes. Suddenly I didn't know how to open my mouth. But I had to let her know what I was thinking. I want a divorce. I raised the topic calmly.

She didn't seem to be annoyed by my words, instead she asked me softly, why? I avoided her question. This made her angry. She threw away the chopsticks and shouted at me, you are not a man! That night, we didn't talk to each other. She was weeping. I knew she wanted to find out what had happened to our marriage. But I could hardly give her a satisfactory answer; she had lost my heart to Jane. I didn't love her anymore.

I just pitied her! With a deep sense of guilt, I drafted a divorce agreement which stated that she could own our house, our car, and 30% stake of my company.

She glanced at it and then tore it into pieces. The woman who had spent ten years of her life with me had become a stranger. I felt sorry for her wasted time, resources and energy but I could not take back what I had said for I loved Jane so dearly. Finally she cried loudly in front of me, which was what I had expected to see. To me her cry was actually a kind of release.

The idea of divorce which had obsessed me for several weeks seemed to be firmer and clearer now. The next day, I came back home very late and found her writing something at the table. I didn't have supper but went straight to sleep and fell asleep very fast because I was tired after an eventful day with Jane.

When I woke up, she was still there at the table writing. I just did not care so I turned over and was asleep again.

In the morning she presented her divorce conditions: she didn't want anything from me, but needed a month's notice before the divorce. She requested that in that one month we both struggle to live as normal a life as possible. Her reasons were simple: our son had his exams in a month's time and she didn't want to disrupt him with our broken marriage.

This was agreeable to me. But she had something more, she asked me to recall how I had carried her into our bridal room on our wedding day.

She requested that every day for the month's duration I carry her out of our bedroom to the front door every morning. I thought she was going crazy. Just to make our last days together bearable I accepted her odd request.

I told Jane about my wife's divorce conditions. She laughed loudly and thought it was absurd. No matter what tricks she applies, she has to face the divorce, she said scornfully.

My wife and I hadn't had any body contact since my divorce intention was explicitly expressed. So when I carried her out on the first day, we both appeared clumsy. Our son clapped behind us, daddy is holding mommy in his arms. His words brought me a sense of pain. From the bedroom to the sitting room, then to the door, I walked over ten meters with her in my arms. She closed her eyes and said softly; don't tell our son about the divorce. I nodded, feeling somewhat upset. I put her down outside the door. She went to wait for the bus to work. I drove alone to the office.

On the second day, both of us acted much more easily. She leaned on my chest. I could smell the fragrance of her blouse. I realized that I hadn't looked at this woman carefully for a long time. I realized she was not young any more.

There were fine wrinkles on her face, her hair was graying! Our marriage had taken its toll on her. For a minute I wondered what I had done to her.

On the fourth day, when I lifted her up, I felt a sense of intimacy returning. This was the woman who had given ten years of her life to me. On the fifth and sixth day, I realized that our sense of intimacy was growing again. I didn't tell Jane about this. It became easier to carry her as the month slipped by. Perhaps the everyday workout made me stronger. She was choosing what to wear one morning. She tried on quite a few dresses but could not find a suitable one. Then she sighed, all my dresses have grown bigger. I suddenly realized that she had grown so thin, that was the reason why I could carry her more easily.

Suddenly it hit me... she had buried so much pain and bitterness in her heart. Subconsciously I reached out and touched her head. Our son came in at the moment and said, Dad, it's time to carry mom out.

To him, seeing his father carrying his mother out had become an essential part of his life. My wife gestured to our son to come closer and hugged him tightly. I turned my face away because I was afraid I might change my mind at this last minute. I then held her in my arms, walking from the bedroom, through the sitting room, to the hallway. Her hand surrounded my neck softly and naturally. I held her body tightly; it was just like our wedding day. But her much lighter weight made me sad. On the last day, when I held her in my arms I could hardly move a step. Our son had gone to school. I held her tightly and said, I hadn't noticed that our life lacked intimacy.

I drove to office.... jumped out of the car swiftly without locking the door. I was afraid any delay would make me change my mind...I walked upstairs. Jane opened the door and I said to her, Sorry, Jane, I do not want the divorce anymore. She looked at me, astonished, and then touched my forehead. Do you have a fever? She said. I moved her hand off my head.

Sorry, Jane, I said, I won't divorce. My marriage life was boring probably because she and I didn't value the details of our lives, not because we didn't love each other anymore. Now I realize that since I carried her into my home on our wedding day I am supposed to hold her until death do us apart. Jane seemed to suddenly wake up. She gave me a loud slap and then slammed the door and burst into tears. I walked downstairs and drove away. At the floral shop on the way, I ordered a bouquet of flowers for my wife. The salesgirl asked me what to write on the card. I smiled and wrote, I'll carry you out every morning until death do us apart. That evening I arrived home, flowers in my hands, a smile on my face, I ran up stairs, only to find my wife in the bed - dead.

My wife had been fighting CANCER for months and I was so busy with Jane to even notice. She knew that she would die soon and she wanted to save me from the whatever negative reaction from our son, in case we push thru with the divorce

At least, in the eyes of our son--- I'm a loving husband....The small details of your lives are what really matter in a relationship. It is not the mansion, the car, property, the money in the bank. These create an environment conducive for happiness but cannot give happiness in themselves.

So find time to be your spouse's friend and do those little things for each other that build intimacy. Do you have a real happy marriage! Share this story with someone, if you do, you just might help save a marriage. Most of us it brought tears to our eyes, so check your pulse to see if you are still breathing. Only kidding but is a touching story.

Stable or unstable marriages:

It's not the arguments that should worry married couples; it's what happens when the battles are over. Almost all husbands and wives experience conflict from time to time, which is not necessarily unhealthy for the relationship.

A verbal spat that stays within reasonable limits, can open the windows and give a couple a chance to vent their frustrations and release some steam. The important question, however, is what happens after an argument is over?

In healthy relationships, confrontation ends in forgiveness, in drawing closer together, in deeper respect and understanding, and sometimes in greater physical intimacy.

(Quote from Dr James Dobson.)

Dr. James Dobson's Family Talk

There are free helpful resources for marriage, parenting and family.

<http://drjamesdobson.org/>

Further help on Divorce see free E book
Divorce What Now! by Frank Miles
Go to website: Free E books

<http://www.abconlinebooks.com/free-stuff.html>

Chapter 3

Overcoming Obstacles

Beth Anne DeCiantis had to complete a 42 km marathon in less than two hours and 45 minutes to qualify for the Olympics. She reached the final straight in 2 hours 43, with just two minutes left. Two hundred metres from the finish she stumbled and fell. Dazed, she stayed down for 20 seconds.

The crowd yelled, ‘Get up!’ The clock was ticking--less than a minute to go. Beth Anne staggered to her feet and began walking. Five metres short of the finish, with ten seconds to go, she fell again. As the crowd cheered her on, she crossed the finish line on her hands and knees.

Her time 2 hrs, 44mins 57 sec

Get up and go again. No matter what life throws at you? **“Get up and go again!”**

Joy or Misery

When John Roebling devised a plan to build a bridge between Manhattan and Brooklyn, experts thought it was impossible. They said a bridge spanning that distance couldn't withstand the winds and tides. But Roebling refused to concede defeat; instead, he and his son, Washington, worked to solve the problems.

Then just as construction was about to start, Roebling was killed in an underwater accident that left his son brain-damaged and unable to walk or talk. The prevailing wisdom was to abandon the project, but Washington Roebling was determined to fulfil his father's dream. He developed a system of communication by touching a finger to his wife's arm, and she in turn conveyed his ideas to the project engineers. For thirteen years that's how he supervised construction—and in 1883 the first car drove across the Brooklyn Bridge.

The ‘impossible’ had become reality! Are you facing a seemingly impossible situation at home, on the job, with your finances, or in a relationship? If so, what you tell yourself about it is important. Your self-talk sets you up for joy or misery. You can tell where your faith is by what comes out of your mouth: ‘Good people bring good things out of the good they stored in their hearts...’

One person said: ‘When the pressure’s on, what comes out of your mouth lets you know if you need to make some adjustments.’

Chapter 4

Relationships

This is only a snapshot to a better understanding of yourself, eg; understanding your personality, then you are in a better position to take advantage of your strengths and to take control of your weaknesses, so that you can live life at your full potential, as well as learn to recognise and understand other people's personality, especially spouse, children and work colleagues.

CHOLERIC

Choleric's are referred to as the Worker. Dominant in personality they desire control, and are best at jobs that require quick decisions. Choleric's excel in roles that need instant attention and accomplishments eg, In areas that demand strong control and authority.

SANGUINE

Sanguine's are referred to as the Talker's: Expressive in personality's they desire influence, best at being enthusiastic with people In expressing thoughts with excitement, In up front positions of attention.

MELANCHOLY

Melancholy's are referred to as the thinker's: Analytical personality's that desire caution & restraint, best at attending to details and in deep thinking, In keeping records charts and graphs, In analysing problems too difficult for others.

PHLEGMATIC

Phlegmatic's are referred to as the Watcher: Solid in personality's that desire steadiness, best in positions of mediation and unity. In storms that need a calming hand. In routines that might seem dull to others.

(For more information see the book "Building Happier Relationships" by Frank Miles)

Notes of Wisdom

“It is always wise to look ahead, but difficult to look further than you can see.”

Winston Churchill

“Courage is rightly considered the foremost of the virtues, for upon it, all others depend.”

Winston Churchill

Statistics show that Juvenile crime is linked to low levels of emotional help form others, a lack of discipline, family conflict and a family history of neglect and abuse. Parents who say to their children, do as I say not what I do. Children learn behaviours from what they catch (what they see) much more than what is said.

So a wise parent will think twice about allowing their children to see them drunk or taking of drugs. Some sobering thoughts of how we want to train your children.

Emotions:

*Emotions are the
launching pad of our actions.*

Emotions are nothing but feelings or states of mind. We have the control and power of thoughts in our mind. Emotions only change by what you believe.

During emotional times try to get your mind off the problem or circumstance causing the emotions at that particular time. E,g;

1. Go for a walk with a friend
2. Read an encouraging and appropriate book.
3. Do something you enjoy doing.
4. Go and have coffee with a friend.
5. Pray to our Heavenly Father who hears and answers us.

**It isn't necessarily easy to do the above
it takes courage and discipline.**

Relational problems are the hardest to deal with. Emotional loneliness involves the lack or loss of a psychologically intimate relationship with another person or persons.

The emotionally lonely person feels utterly alone and can only recover by establishing new in depth relationships with others.

For more information on personalities:

<http://www.classservices.com/FlorenceLittauer.html>

Other Titles by FlorenceLittauer:

- Behind the Personality, • Personality Plus,
- Personality Plus for Couples, • Dare to Dream,
- Personality Plus for Parents, • Your Personality Tree,
- After Every Wedding Comes a Marriage,
- How to Get Along With Difficult People,
- A Letter is a Gift Forever, • Personality Puzzle,
- Put Power in Your Personality,
- Talking So People Will Listen, • Silver Linings,
- Getting Along With Almost Anybody.

Chapter 5

Loving and being Loved More

Everyone wants to love and be loved. There is a famous song that says: “What the world needs now, is love sweet love. It’s the only thing there is too little of.”

Love is not just sex, Sex is one aspect of romance in fulfilling one another desires and needs. Maslow says there are five fundamental needs of every human around the world.

These needs are:

- (a) Food, water, sleep.
- (b) Shelter.
- (c) Love.
- (d) Acceptance.
- (e) Sense of wholeness,
reaching your full potential.

Your Love Tank

We all have a fuel tank that powers our lives; this fuel tank is referred to as our Love Tank, and there are 5 types of actions that provide this fuel:

- **Words;** when someone compliments you.
- **Touch;** when you are touched appropriately.
- **Service;** when someone does something for you.
- **Gifts;** when someone gives you a gift.
- **Time;** when someone spends quality time with you.

Every person has a distinct type of love that they favour or need in order to feel happy and secure, what's yours? One way of working out what your key love language, is by thinking about when you feel the most loved.

In turn we need too know the key love language for the important people in our lives; our spouse, children, friends and family and then continually work on filling theirs.

Love Tank.

Words.

Saying, “I Love you” is only one way to love, there are other types of LOVE words like: Complimenting, Encouraging and Appreciative Words. Uplifting, positive words like “I think you’re great” or “You are beautiful / handsome” These words all fill the love tank of the recipient and make them feel more loved and appreciated.

Touch.

Touching appropriately is another way to show love, there are lots of types of touching like: holding hands, kissing, hugging, touching head, touching ear. Sexual intercourse within marriage.

Service.

Service is another way to show love, there are lots of things you can do like : Washing a friend or spouses car. Washing the dishes. Cleaning the house, Doing something special for someone close. Doing a job as a surprise.

Gifts.

Gifts are another way to show love, most people like gifts and it doesn't have to be expensive. ideas include eg; gifts, flowers, inexpensive gifts, expensive gifts, chocolates giving and receiving all of these.

Time.

Quality time is another important way to show love, to a person. Eg; having an uninterrupted coffee together. Talking with no distractions, spending quality time together no phones, no T.V, or even no computer.

For more information see book
“Building Happier Relationships”
by Frank Miles

What is real love?

Real love: is Patient, Kind, Not jealous, Doesn't brag, Not arrogant, Doesn't force itself on others, Bears all things, Believes all things, Hopes all things, Endures all things, Love never fails, Love cares more for others than for self, Always looks for the best, Never looks back, Love never dies. For detailed information you will find it in the book

Five Love Languages by Gary Chapman.

Quotations from The Five Love Languages,
Northfield Publishing, 1992, 1995, 2004
by Gary D. Chapman.
Used with permission of the publisher.

Chapter 6

Insight of Wise Men

One of the most intriguing elements of the first Christmas to me is the story of the wise men. Here is a group of eastern astrologers who notice a new star and get onto their camels to travel who knows how far to worship a king they have never heard of.

Stranger still is that when they get to the palace of Herod, the Jewish teachers of the day knew where Jesus was to be born but did not go. Yet these foreign intellectuals head off to meet and worship Jesus. These blokes are smart enough to read the signs of the day and see the evidence of God at work. What about today? With the eyes of faith, I believe you can see God at work everywhere. From the beauty of creation, to the birth of children, to the wonder of our universe, through to the acts of grace and kindness by people, who could only be motivated by the Spirit of God.

God is at work in our world. Can I encourage you to look more closely for the hand of God in your life? The evidence is there, you just have to be ready to see it.

Dying Made My Life

When he was at the peak of his power as Prime Minister of New Zealand, David Lange was often depressed and drank too much. It was the long process of dying that straightened him out and, as he said, “made my life”. Lange said in an ABC documentary: “It’s a funny thing when you think you’re dead, you’re not terrified of it anymore. There’s a sort of epiphany ... It really does sound stupid, but I’ve got to tell you, it’s made my life.”

Lange died in August 2005 after a three year struggle with a rare and incurable blood plasma disorder. Lange’s experience is helpful for all of us. We can live in fear of death and yet it’s the reality of death that clarifies life.

Questions like, what is really important, what should I do with my time and what should I do about faith in God, seem clearer when asked in the context of death rather than in the busyness of life. Being busy and successful may cloud our priorities, whereas the reality of death clarifies.

The Futility of Fame and Fortune

'Where do I put my hope? .. in You.'

Psalm 39:7

Society's fascination with Hollywood and celebrities has gone a little crazy. Millions idolise those who have achieved fame and fortune, yet stardom does not provide the satisfaction it advertises. Marilyn Monroe could have told us that. So could Elvis Presley and Michael Jackson. Consider the adoration accorded to Muhammed Ali in his prime. He was known as 'the prize fighter who couldn't be beaten'. His picture appeared on the cover of Sports Illustrated more than any other athlete in history.

Wherever he went the cameras followed. But wealth and fame cannot buy good health, and he fell victim to the ravages of Parkinson's disease. Sportswriter Gary Smith spent some time with the ailing fighter at his home and asked to see his trophy room. Ali escorted him to a dark, damp barn beside his house. There, leaning against a wall was a board displaying mementoes—photos of the 'Thrilla in Manila', pictures of Ali dancing and punching, and hoisting championship belts he had won over his head.

But the pictures were smeared with white streaks caused by pigeons that had made their home in the rafters. Ali picked up the board and turned it around, face to the wall. Then as he started to leave, Smith heard him mumble, 'I had the whole world, and it wasn't nuthin'. Look at me now.' The psalmist wrote, 'All our busy rushing ends in nothing. We heap up wealth, not knowing who will spend it. And so, Lord, where do I put my hope? My only hope is in You.'

Psalm 39:6 SoulFood: Luke 13:18-35, Pr 6:12-15

Chapter 7

A true story about Al Capone & a Good Name

During the course of World War II, many people gained fame in one way or another. One man was Butch O'Hare. He was a fighter pilot assigned to an aircraft carrier in the Pacific. One time his entire squadron was assigned to fly a particular mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top off his fuel tank. Because of this, he would not have enough fuel to complete his mission and get back to his ship. His flight leader told him to leave formation and return. As he was returning to the mother ship, he could see a squadron of Japanese Zeroes heading toward the fleet to attack. And with all the fighter planes gone, the fleet was almost defenseless. His was the only opportunity to distract and divert them.

Single-handedly, he dove into the formation of Japanese planes and attacked them. The American fighter planes were rigged with cameras, so that as they flew and fought, pictures were taken so pilots could learn more about the terrain, enemy maneuvers, etc. Butch dove at them and shot until all his ammunition was gone, then he would dive and try to clip off a wing or tail or anything that would make the enemy planes unfit to fly. He did anything he could to keep them from reaching the American ships.

Finally, the Japanese squadron took off in another direction, and Butch O'Hare and his fighter, both badly shot up, limped back to the carrier. He told his story, but not until the film from the camera on his plane was developed, did they realize the extent he really went to protect his fleet. He was recognized as a hero and given one of the nation's highest military honors.

And as you know, the O'Hare Airport was also named after him. Prior to this time in Chicago, there was a man named Easy Eddie. He was working for a man you've all heard about, Al Capone.

Al Capone wasn't famous for anything heroic, but he was notorious for the murders he'd committed and the illegal things he'd done. Easy Eddie was Al Capone's lawyer and he was very good. In fact, because of his skill, he was able to keep Al Capone out of jail. To show his appreciation, Al Capone paid him very well. He not only earned big money, he would get extra things, like a residence that filled an entire Chicago City block. The house was fenced, and he had live-in help and all of the conveniences of the day.

Easy Eddie had a son. He loved his son and gave him all the best things while he was growing up; clothes, cars, and a good education. And because he loved his son, he tried to teach him right from wrong. But one thing he couldn't give his son was a good name, and a good example. Easy Eddie decided that this was much more important than all the riches he had given him. So, he went to the authorities in order to rectify the wrong he had done.

In order to tell the truth, it meant he must testify against Al Capone, and he knew that Al Capone would do his best to have him killed.

But he wanted most of all to try to be an example and to do the best he could to give back to his son, a good name. So he testified. Within the year, he was shot and killed on a lonely street in Chicago. This sounds like two unrelated stories.

But, you see, Butch O'Hare was Easy Eddie's son.

Chapter 8

Manufactures recall notice

The Maker of all human beings is recalling all units manufactured, regardless of make or year, due to a serious defect in the primary and central component of the heart. This is due to a malfunction in the original prototype unit's code named Adam and Eve, resulting in the reproduction of the same defect in all subsequent units.

This defect has been identified as “Sub sequential Internal Non-morality,” more commonly known as S.I.N., as it is primarily expressed.

Some of the symptoms include:

1. Loss of direction
2. Foul vocal emissions
3. Amnesia of origin
4. Lack of peace and joy
5. Selfish or violent behaviour

-
6. Confusion and lying
 7. Fearfulness
 8. Idolatry
 9. Rebellion

The Manufacturer, who is neither liable nor at fault for this defect, is providing factory-authorized repair and service free of charge to correct this defect. The Repair Technician, JESUS, has most generously offered to bear the entire burden of the staggering cost of these repairs. There is no additional fee required. The number to call for repair in all areas is: P-R-A-Y-E-R. Once connected, please upload your burden of SIN through the RE45PENTANCE procedure .Next, download ATONEMENT from the Repair Technician, Jesus, into the heart component.

Job seeking:

Have you ever looked for a job, only to discover that all the positions you were interested in required previous experience?

It's frustrating; how can you get the experience without having the job? When the new bank president asked the old one the secret of success he said, 'Making good decisions.' 'How do I do that?' he asked. The old one replied, 'Experience!' Puzzled, the new one asked, 'How do I get experience?' The old one replied, 'By making bad decisions.' Experience is a tough teacher; it gives you the test first and the lesson later. God looks for experienced help! When you work for Him, He uses everything you've been through, no matter how painful. He sees it all as 'tuition paid'. Jesus '...learned...obedience through what He suffered...[His...experience] making Him perfectly [equipped]...' Perspective changes everything, especially when you learn to see your life's experiences through fresh eyes.

For example, suffering in a particular area-such as guilt, fear, anger, addiction or insecurity-qualifies you to understand and help others. Experience isn't what happens to you, as much as what you do with what happens to you.

So with that in mind, ask yourself, ‘Could my pain become someone else’s gain? Could a ministry to help others come out of this mess?’ When you experience times of testing, you’ve two choices: give up, or grow up. Peter trembled at the question, ‘...’You are not also one of His disciples, are you?’” He denied it and said, “I am not!””

But when he repented and reconnected with Christ after the resurrection, he was filled with God’s Spirit and ended up leading the church. Experience-there’s no substitute!

Chapter 9

Human Control

As humans we love to think we are in control. Through technology we control much of life; from travel information to the temperature of our work, home or car. Have you ever considered though how little control you actually have?

We cling to a globe which is spinning at 40,000 kms per hour and travelling through space at 107,000 kms per hour and we are on the earth, which is an insignificant dot in the Milky Way, with about a million stars. The Milky Way is just one of thousands of other galaxies. Thinking through these facts, can actually give us a better perspective on life. We aren't in control and it is foolish to think we are. The universe in which we live is a picture of order and creation. For some it's a random sequence of events.

For me it is a reflection of the God who created us, the God who sustains us and reaches out in love to us. Why not turn to God today and discover the difference that trusting God with your life can make.

Overcoming fear

It seems that everyone I know, have met, or heard about, all have something that they fear. Fear grips us, fear freezes us, fear stops us moving, fear stops us achieving, fear can stop you from living a normal life.

If we are honest we would admit we are all fearful of something, some fear about being sick, some fear they will die in a plane crash, some have a fear of heights, some have a fear of becoming an alcoholic, some have a fear of death, some have a fear of water, some have a fear of confined spaces, and some have a fear of getting overweight, fear dying, fear of becoming an alcoholic, Fear of marriage / relationship difficulties. The fear of God is the beginning of wisdom.

Give God all your fears.

Truth seekers: The fact that you are reading this book I believe you are truth seeker.

There is a saying “**Those who seek the truth shall find it.**” ‘**Be not deceived; God is not mocked: For whatsoever a man soweth, that shall he also reap.**’

Truth about forgiveness.

***Forgiving is only
½ the transaction, the other half
is the healing ointment of Jesus Christ
through the Holy Spirit into the wound.***

*For more information on forgiveness visit
Glenda Watson - Restoration Ministries -
www.restorationministries.co.za/*

Chapter 10

A future

A Man/ or a Women without a future will always return to His or Her past. If I knew you were about to drive over a cliff, wouldn't I be unhuman if I didn't tell you.

A Life Boat is to save lives.

Fireman are dedicated to saving lives.

Life guards are dedicated to saving lives.

Christ dedicated his life for mankind, paying the price of your sin by bearing it on the cross of Calvary.

I tried God it didn't work. Did you ask Jesus to be your Lord & Saviour & repent of your sins. I don't believe there is a God, well I used to, but I asked God to show me if he was real, and he did.

-
- Life is very complex.
 - Farmers plant their seed,
go to bed and a crop comes up.
 - What is Humanism: anything that is
still wrapped up in me and meism.
 - Get beyond ourselves our works our
effort and get our eyes on God.

Story of John Griffin a railway controller

It's said that there was once a railway controller called John Griffin. His responsibility was for a drawbridge over the Mississippi River. One day he took his young son to work with him. After putting the massive drawbridge up, Griffin was eating lunch when suddenly he heard the whistle of the Memphis Express roaring towards the crossing.

Leaping from the observation deck, he ran to throw the control switch. Glancing down, his heart stopped! His son had fallen into the gears, trapping his leg in the cogs. Desperately he tried to devise a rescue plan, but there was no time.

His son was down there—but there were four hundred passengers on the train! Griffin knew what he had to do. Burying his face in his arm, he pushed the master switch just in time to lower the bridge into place as the train thundered across. Then raising his head he looked into the passing windows with tear-filled eyes. There were businessmen casually reading the newspaper, ladies sipping coffee, and children eating ice cream. Nobody even looked at the control house or glanced down at the great gearbox. In agony Griffin cried out, ‘I sacrificed my son for you people. Don’t you care?’ But as the train rushed by, nobody heard the anguished father’s words. On this Good Friday, as we consider the cross where God sacrificed His Son for each of us, He’s asking: ‘Is it nothing to you, all you who pass by?’

The question then becomes: ‘What...shall I do with Jesus who is called Christ?’ (Matthew 27:22 NKJV) There is only one right answer to that question: ‘Today, I accept You as my Saviour and my Lord.’ SoulFood (Good Friday): Is 53, Luke 23:26-49, Ps 22, Deut 21:22-23

True Story about John:

The evening of 4th July 1976, John's flat mate Greg came home from a prayer meeting with a Christian friend Les, who started talking to John about God, after several hours of discussions and arguing, during this time Les said he didn't drink, or have sex, John said he wouldn't give up drinking, smoking or sex for anyone. Later Les asked John if he wanted to ask Jesus to come into his life. John said he didn't believe there was a God, after a further period of time John said a short prayer with Les, asking Jesus to come into his life and he repented of his sins.

Although John didn't believe there was a God, in his heart he said if you are real Jesus show me. In the early hours of the morning John went to bed, he didn't feel any different, didn't see stars or anything. Normally John used to start drinking at 10am in the morning, but that next morning the desire for drink & smoking was taken away, even though no one asked John to stop.

That was a clear sign to John that Jesus was real. John had a peace and happiness in his heart like never before. And his life has changed and gone in the opposite direction.

“Narrow is the way and few find it.”

“The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him.”

*The Grace of God (eternal life)
is a free gift (but not cheap), salvation
from eternal death(hell) through
Jesus Christ his Son.*

What we say, speak is what we get. An appliance won't work if it is not plugged into the power. Jesus is our source of power.

Chapter 11

The Purpose of life

Why we are here? In the beginning of the book we touched on Hope. There is a hope in God. Jesus came died on the cross for our sins and sicknesses, he rose again on the third day, so that we might be free in this life and have eternal life for all those who believe and are baptised in the name of Jesus Christ.

So what are you using to try to fill the void in your life?

- Material possessions?
- Mood-altering substances? Sex?
- Career success?
- The pursuit of intellectual growth?
- Excitement? You may as well give it up now—it won't work.

God created us for his pleasure, to please Him.

Have you ever stopped and thought is God real?

Not interested in religion, sometimes religious activities, may not present God in the best light. Your mind is the biggest battlefield.

Stop listening to the evil one putting lies in your mind. You may have had a poor experience with a minister, a priest, a pastor, sadly mankind can let you down, but God doesn't let you down, he sent his Son to be put to death, pay the price for our sins and save mankind whoever is willing to repent.

The evil one will hold you captive in your mind, the evil one (the devil) is a liar, as he was from the beginning.

The big question most people ask themselves during their life?

Jesus said that which is flesh is flesh but that which I spirit is spirit.

“Except that you are born again Jesus said you cannot enter the kingdom of God.” God is a God of multiplying eg; humans birds dogs etc. grain, oats, trees, fish, everything. Preaching of the cross is foolishness except to those that are saved (born again.)

When you want something to show up in your outward man, deposit God’s Word in the inward man. Feed on it continually... once you believe it, you’ll find yourself saying it, and once you start saying it, your entire being will reflect the treasure of His Word inside.

FREE GIFT OF ETERNAL LIFE

Romans 6:23 "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus Our Lord."

John 3:16 "For God so loved the world that He gave His only begotten Son that whosoever would believe in Him, would not perish but have everlasting life."

Pray this prayer Lord Jesus, I repent of breaking Gods law and I repent and turn from my sins. I want you to come into my life and I now make you Lord & Saviour of every area of my life. I now turn my life in the opposite direction.

Jesus I thank you that you have come into my life.

What to do now

1. Pray to Jesus daily as your best friend.
2. Read the bible daily, your spiritual food.
3. Find a church where Jesus is preached & worshiped.
4. Live a life of thankfulness.

Email: salvation@setthecaptivesfree.com.au www.setthecaptivesfree.com.au

Get out of Jail (Hell) Free Card

Do you think you will go to Heaven or Hell?

But I am a good person I don't do anything wrong so I will go to Heaven.
The Truth is since Adam & Eve, mankind has had a sinful nature.

Some questions to ask yourself

Have you ever told a lie? Stolen anything?
Looked upon a man or woman with lust?

The truth is the Bible says that all liars, adulterers, murders, drunkards etc. will go to Hell where there will be gnashing of teeth etc.

To the world the preaching of the cross is foolishness but it is the power of God unto salvation. The good news is we can find repentance and forgiveness of our sin through the cross and the blood of Jesus Christ.

What to do now!

1. Read bible daily spiritual food 3 x times a day Read the New Testament, Psalms and Proverbs every chance you get, eg at morning tea, lunch, while waiting, eg; at the doctors, dentist, on the bus/train at any time your free. Get a pocket bible, get app on your iphone, ipad, E – reader, computer etc
2. Pray to Jesus (just talk to him) Build an intimate relationship with Jesus Christ.
3. Tell everyone what good things Jesus has done in your life. The bible is a love letter from God to you, eat 3 spiritual meals (Gods word) a day.
4. Find a church where Jesus Christ is preached
5. Guard your heart & attitudes. There was a man who met a woman at a well and he said to her “The water that I can give you is living water.”

Quote by Jesus. John4:V9-V12

Chapter 12

Questions & Answers

+ True life story

Many of life's questions often no one seems to have a real answer to the question. But here are some of the more important questions and answers.

Will I go to heaven because I have been a good person?

“Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.”

Is there life after death?

“And as it is appointed unto men once to die, but after this the judgment.”

Can God forgive me because of all the terrible things I have done in my life?

But that ye may know that the Son of man hath power on earth to forgive sins. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Who goes to hell?

The wicked shall be cast into hell, and all the nations that forget God.

Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.

Are you afraid of death?

“Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.”

How do you believe in God?

“Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; which he shed on us abundantly through Jesus Christ our Saviour.”

If God is a god of Love how can he send us to hell?

“Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.”

What does it mean to be “born again”?

Jesus answered and said unto him, Verily, verily, I say unto thee, except a man be born again, he cannot see the kingdom of God.

Why is there tragedy in life? eg divorce, early death, hurricanes , flooding, cyclone, tsunami, drought, bush fires, motor vehicle accident, work accident: “The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.”

Why are there so many religions?
Religions are made by man.

Christianity is following Christ.

What about the hypocrites in different churches? “He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.” “But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him.”

Katherine's True Life Story

I was baptised in the Christian faith and raised accordingly. My parents attempted to ensure that the morals and ethics instilled in me were conducive to the faith. Yet, I felt lost, different.

I was sexually abused as a young child by someone who resided in our home, whom my parents trusted, and felt alienated in life, however, I was unsure why.

I attended a catholic primary school where I was subject to cruel beltings and humiliation at the hands of nuns. I often wondered where God was, and why 'his servants' treated me, an innocent child, so appallingly. My faith began to waver. Over the years life dealt me many horrific experiences and I wondered why God had deserted me. I survived three separate bouts of cancer at an early age, and was subject to a domestic violence situation for nearly eleven years. I was the first person in Australia to be awarded a twelve month restraining order to assist and protect myself and my children.

It didn't work. My faith in God was being systematically destroyed. To many bad things were happening to me and my family and I started to blame God for not stopping them. I prayed to a God whom I believed had forsaken me.

In 1991 I was involved in a car accident. The injuries I sustained prevented me from working for 10 years. In 1993 my eldest son was Simon was murdered. He had intervened to stop a fight and his unselfish act ultimately cost him his life. He was only 19. Now where was my Loving God? Where was this God that I had learned about? Wasn't I good enough for his love? My innocence was lost, my trust betrayed betrayed...That was it, I was angry. Satan had wreaked havoc and I was defeated. In 1994 I was hospitalised for seven weeks for chronic pain and depression, and also to support and keep me safe from myself so that I could cope with the upcoming murder trial into my son's death. My Daughter had a still born child earlier this year, and then nearly died in March due to complication in surgery. I had had enough !!! Dark thought engulfed me daily and I thought about opting out of this world.

I sent a message to my girlfriend in Cairns to thank her for being my friend and it scared her. She had taken me to her Christian church in Cairns on a few occasions. I really enjoyed the music and could feel God knocking on the door of my heart, due to all the unresolved hurt and pain in my life.... I ran away, but God was running after me. Through the love of my friend, God intervened and she contacted Pastor Phil. I couldn't keep living the way I was, and without . Phil's intervention, I would not be here now. I now had time to rediscover the Lord and begin to heal. The Ice around my heart that had kept me from him was beginning to thaw...I had started seeking .. I joined a life group and started to attend Church. I attended Christianity explained. My hope in God started to grow, but I was still confused by the pain of my past. One day I was distraught and a special lady named Nora invited me to join her and we began to discuss the importance of Jesus in my life. She encouraged me to confess with my mouth that Jesus was Lord that he died on the cross for my sins, and that he rose from the dead. She suggested that I invite the Lord into my life. We sat and prayed together for a long time.

During our prayer I began to feel the darkness and pain beginning to lift. I began to feel a connection with him, a relationship that had never been afforded to me before. Now I know that I am one with God and also that I have been adopted into an extended family where I am happy to be used in service for him. I know he has been healing me from my pain. I believe that the Lord feels joy and I also have a sneaking suspicion that he is leading me into a life he already prepared for me which would utilise all of my past experiences and skills.

I am happy to assist in teaching Religious Education, being involved with the Kinect kids group, helping people via the CAPS program and more recently singing in the Worship team.

The Lord has truly turned my life around and I am excited to see where he will continue to lead me as he puts my life back together.

PS I was also baptised on the 22nd November this yearAmen.

Chapter13

Close relationship

Just like your relationship with a spouse, a child, or a close friend, it is the same with your relationship with God, you have to spend uninterrupted time with God, i.e; without distractions.

Always keep coming back to your first love with Jesus, remember when you first met Jesus, just like when you first fell in love with your spouse, how you loved spending time talking and being with them which brought you closer together, it is the same with God. Talking & listening to Jesus is how you get closer and closer to him. This is often difficult to do when we allow the pressures and pleasures of life to fill up our time. What we say is what we get!

*Live a life of purpose for a
purpose on purpose.*

Inner strength, comes from the Spirit of God.

Good & Bad people: Before Adam and Eve ate the fruit of the tree, being the Knowledge of Good and Evil, the Landlord of the earth was God, but then Adam and Eve handed the keys of the earth over to the devil (satin), But Jesus has taken the keys of the earth back when he rose from the dead and is coming back for his bride the church.

Have you ever thought about the sun and its brightness?

Everything on earth is provided for our pleasure and life's sustenance, food for survival etc; Nothing has been forgotten sunshine rain, food: all kinds of fruit and vegetables, fish, meat, water, everything.

The four seasons!

Have you ever stopped and thought about?

Where we came from?

What is life all about?

Life reproduction what an amazing miracle in itself. Reproduction of humans, animal's, fish, plants, trees, grass flowers what an amazing miracle when God created he earth.

The Purpose of life:

Why we are here is to please God.

God created us for his pleasure.

He created us to share the good news of the Gospel of Jesus Christ.

A beautiful abundant life journey while on earth and spend eternity in Heaven with God the Father, his Son Jesus Christ, and the comforter The Holy Spirit.

Spend time talking with God, (just like talking to your closest friend.)

Spend time praying to God, the disciples asked Jesus how do we pray, many of us know that prayer: Our father who art in heaven

Get to know him

1. Read the bible daily your spiritual food.
2. Talk to him as your best friend.
3. Pray for Gods perfect will in your life.

There is only 4 laws of God that are not related to existing laws of the land as we know it.

Law of God

1. Love God first
2. Love your neighbour as yourself.
3. Adultery (sex with another person outside of marriage)
4. Fornication (having sex when you are not married)

When do you ever stop and think about life.

We are often too busy!

We all (the flesh) want self-gratification now!

There are many gods but only One True God.
There is only one God that can save you from
eternal hell fire.

“Those who seek the truth will find it.”

Jesus said: “I am the way the truth and the life,
no one comes to the father but through me.” That
whosoever believeth in him should not perish, but
have eternal life.” There are hundreds of rules in
life even thousands. God has only 2.

1. Love God.
2. Love your neighbour as yourself

Someone asked Jesus

How do you get to heaven?

Jesus answered and said unto him, “Verily, verily, I say unto thee, except a man be born again, he cannot see the kingdom of God.

The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.”

Four scariest words in the bible see:

(New Testament) Matthew 7: V18 to V24

Chapter 14

Truth & Facts

True Facts >> Truth

What is Knowledge?

“But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eat thereof thou shalt surely die. The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.”

There are many lies promoted:

eg; Incarnation is a lie, Gods Word says “and as it is appointed unto men once to die, but after this the judgment.”

Good person: If you are a good person will you go to heaven?

The bible says: “Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; which he shed on us abundantly through Jesus Christ our Saviour.

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.”

Yoga/meditation/ astrology: is it a way to a god? It is a form godliness, and is not the way to God. It is a counterfeit of god because Jesus said:

“Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth”

Ac 13:6 And when they had gone through the isle unto Paphos, they found a certain sorcerer, a false prophet, a Jew, whose name was Bar-jesus:

Ac 13:7 Which was with the deputy of the country, Sergius Paulus, a prudent man; who called for Barnabas and Saul, and desired to hear the word of God. But Elymas the sorcerer (for so is his name by interpretation) withstood them, seeking to turn away the deputy from the faith. Then Saul, (who also is called Paul,) filled with the Holy Ghost, set his eyes on him, And said, O full of all subtlety and all mischief, thou child of the devil, thou enemy of all righteousness, wilt thou not cease to pervert the right ways of the Lord?

Healing Your Emotional Wounds:

Festering wounds from past relationships are dangerous wounds. You say, ‘But you don’t know how badly this person hurt me.’

The point is they're still hurting you, so how can you cleanse and heal the wound?

God's way is to tell it like it is! He doesn't put a bandage on an infected wound—He demands that the problem be dealt with.

We need to understand that He's willing to repair the broken places in our lives; all he requires of us is to expose where those places are. Only Jesus can walk us through the barrier of time and into our wounded past.

Certainly one of the most important steps to healing is to forgive from the heart—to acknowledge the wound and the anger, and then let it go. And it can be tough to do, but there can be no freedom or healing without forgiveness.

Bitterness will eat you alive if you don't forgive. It'll wreak havoc on your present-day relationships.

God will give you the grace to forgive and let it go, but you must make the choice to be cleansed of resentment by forgiving the offender.

There is no other way to peace and freedom.

*SoulFood: Jer 18-21, Luke 24:25-35, Ps 6,
Prov 8:32-33 www.thewordfortoday.com.au*

Phil 2:12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

Ps 14:1 The fool hath said in his heart, There is no God. They are corrupt, they have done abominable works, there is none that doeth good.

Ps 14:2 The LORD looked down from heaven upon the children of men, to see if there were any that did understand, and seek God.

2Co 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

Chapter 15

What to do now!

1. Pray to Jesus daily as your best friend.
2. Read the bible daily, your spiritual food.
3. Find a local church where Jesus is preached & worshipped.

Meditate on the Lord your God only.

I encourage you to do a fast from TV and spend that time reading the bible.

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

The gospel is in the heart not the mind.

Whosoever believeth that Jesus is the Christ is born of God: and every one that loveth him that begat, loveth him also that is begotten of him.

By this we know that we love the children of God, when we love God, and keep his commandments

For this is the love of God, that we keep his commandments: and his commandments are not grievous.

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?

This is he that came by water and blood, even Jesus Christ; not by water only, but by water and blood. And it is the Spirit that beareth witness, because the Spirit is truth.

There are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one. And there are three that bear witness in the earth, the spirit, and the water, and the blood: and these three agree in one.

If we receive the witness of men, the witness of God is greater: for this is the witness of God which he hath testified of his Son. He that believeth on the Son of God hath the witness in himself: he that believeth not God hath made him a liar; because he believeth not the record that God gave of his Son.

And this is the record that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life. These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God.

And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:

And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

If any man see his brother sin a sin which is not unto death, he shall ask, and he shall give him life for them that sin not unto death. There is a sin unto death: I do not say that he shall pray for it.

All unrighteousness is sin: and there is a sin not unto death. We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not.

And we know that we are of God, and the whole world lieth in wickedness.

And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true, even in his Son Jesus Christ.

This is the true God, and eternal life. Little children, keep yourselves from idols. Amen.

Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; And showing mercy unto thousands of them that love me, and keep my commandments.

Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain. But the LORD is the true God, he is the living God, and an everlasting king: at his wrath the earth shall tremble, and the nations shall not be able to abide his indignation.

Thus shall ye say unto them, the gods that have not made the heavens and the earth, even they shall perish from the earth, and from under these heavens. Culture is never above the one and only True God. There are many gods but only One True God. And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent. And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true, even in his Son Jesus Christ. This is the true God, and eternal life.

What we say is what we get.

The Air we breathe you can't see it but it is there, Electricity you can't see it but it is there. Most of us are like the rest of us. God made everything for us to survive: eg Food, trees, animals, water, Sun /moon / day / night.

What is Living water? "There was a man who met a women at a well and he said to her "The water that I can give you is living water."

Jesus said:.

Mt 7:13 Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in there at.

Mt 7:14 Because strait is the gate, & narrow is the way, which leadeth unto life, and few there be that find it.

Mt 7:15 Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves.

Mt 7:16 Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?

Mt 7:17 Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.

Mt 7:18 A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Mt 7:19 Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Mt 7:20 Wherefore by their fruits ye shall know them. (quotes from the Holy Bible, King James version.)

Four scariest words in the bible see:

(New Testament) Matthew 7: Verses 18 to verse 24

Seven Victory Keys:

1. Refuse to look back, remember or be reminded of past disappointment, failures and other things by the enemy(devil). Today is a new day in Christ. (The cross has the victory over everything.) Put on the whole armour of God. Ephesians 6:11 “Put on the whole armour of God that ye may be able to stand against the wiles of the devil.” Confess I will be victorious today and tomorrow in the power and authority of the name of the Lord Jesus Christ. I am washed by the blood of Jesus.

2. Don't doubt God's word. Just believe God's word, your mind will play tricks with us, but the bible says faith comes by hearing and hearing by the word of God. So just believe what the word says not what your mind says. God says: 2Ti 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Mark 11:24 “Therefore I say unto you, all things for which you pray and ask, believe that you have received them, and they shall be granted.” Hebrews 11:8 By faith Abraham, “when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.”

3. Make a decision to lock your focus

Direct your spiritual eyes to beyond the problem so that your faith, prayer and believing is based on the promises in God’s word, and not on the present circumstances.

Your words and actions tell you whether you are believing or doubting. (See things through God’s eyes.) Genesis 15:1 “After these things the word of the LORD came unto Abram in a vision, saying, Fear not, Abram: I am thy shield, and thy exceeding great reward.” Proverbs 29:18 “Where there is no vision, the people perish: but he that keeps the law, happy is he.

4. Resist the devil, Resist the devil, temptation) and he will flee from you. Pray daily for God to help you with your tongue and eyes. Show your flesh no mercy, put the flesh to death. One of the best ways to put the flesh to death is to fast. We are all captive by something or something.

Keep saying no to wrong things and yes to the good things, then you will conquer the flesh in your life. Don't be weary in well doing. Set your mind on righteousness not sinful lusts. We either Practice Righteousness or practice lawlessness with sinful lusts of the flesh. Reinhard Bonnke describes the devil the best I've heard " the devil is like a mouse with a microphone,"so the key is to unplug the microphone when he tries to speak into your life.

5. Change your mindsets and addictive habits. Determine in your heart and make a covenant like Job with your eyes not to look with lust. If you have practiced habits for a long time eg; being fearful, having lust of the eyes (the second

lustful look,) etc., then it may take time and much effort to change the habit. Life is like a rose garden it is easy to grow weeds, (sin) but it takes effort to grow roses keeping the weeds out.

Hebrews12:11 Now no discipline for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

Use the form to help you change mindsets or addictive habits, physical, emotional, thoughts, or actions. Use this Form “Action Steps for Changing Addictive Habits” or (secret sins) as a tool that Gives you a reason to succeed.

6. Live with Expectancy Give and it will be given unto you, not just financially, give of your time, help, and encouragement kindness toward others improve the emotional state of those doing them. By helping others you actually boost your own joy, peace and confidence.

Luke 6:38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again. Phil 4:6 “Be anxious for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

7. Warfare Weapons WAR ZONE: (Be aware and understand the enemies tactics.) Soul realm, mind, emotions Etc. This is the battlefield. This is where we are either captive by the enemy or set free by Christ.

Isaiah 54:17 “No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.”

John 10: 10 “The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.” This week Push the delete button or erase the tape that the devil keeps playing in your mind. Determine in your mind and heart to live victoriously this week.

1. Refusing to look back,
2. Trust and believe God’s word,
3. Focus on God’s Promises,
not your circumstances.
4. Get knowledge and understanding.
Give the best of your Life to the Almighty
God, My Utmost for His Highest.

Live victoriously every day of your life for God. Know who you are in Christ. The Holy Spirit convicts us of present sin. The devil condemns us of past sin. Learn to discern the difference.

Journal of Remembrance

Remembering the good God has done in your life
(eg; miracles, provision of God's faithfulness)
Use a notebook just for this!

Day / Date :

Remembrance :

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Some very important bible quotes:

Act 4:12 Neither is there salvation in any other: for there is none other name (Jesus Christ) under heaven given among men, whereby we must be saved.

Mt 6: 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Mt 7:23 And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

Ro10:14 For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the scripture saith, Whosoever believeth on him shall not be ashamed. For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him. For whosoever shall call upon the name of the Lord shall be saved. How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?

2Ti 3-7 This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, high minded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away.

For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts, Ever learning, and never able to come to the knowledge of the truth.

Phil 2:12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

About The Author

Frank Miles is an Author / Publisher, a qualified business trainer/consultant and a business and personal coach.

Over the last 37 years Frank has owned and operated various successful businesses. Frank has a passion and desire to help people enjoy and excel in Business and Personal life.

Franks qualifications include:

Vocational Graduate Diploma of Management, Advanced Diploma of Management, Diploma of Ministry & Theology, Diploma of Human Resources Management, Diploma of Training Design & Development, Diploma of Vocational Education & Training, Diploma of Workplace Health & Safety, Diploma of Project management, Certificate IV in Property Services (Real Estate) Diploma of Occupational Health & Safety, Diploma of Business Administration, Diploma of International Business,

BSB50101 Diploma of Business, Certificate IV in Property Services (Real Estate), Certificate IV in Training & Assessment.

Being community minded Frank has been, Chairman and committee member of various Boards. President of the of REIQ Toowoomba.

Frank has also been involved in fund raising, for community events and other activities, for a number of years he was a volunteer for Schoolies week. Frank has sponsored and supported many community organizations such as Surf Life Saving Clubs, Suicide Prevention, and many other charitable non profit organizations. Over the years Frank has been Guest Speaker at business and Community Meetings. In 1994 he was appointed a Justice of the Peace. Frank currently lives in Cairns with his amazing wife Gina, they have 7 children and 14 grandchildren.

He will encourage you to implement your dreams and desires in life, with his organizational training and speaking.

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Author Frank Miles has faced many challenges and disappointments in life as we all do at some point in life. But Frank's bounce back attitude with Gods help always brings him through to the other side. Frank writes these books out of life lived and observed. Frank will encourage, Inspire and provide you with the tools to get things done, and change the things you want to change in your life.



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