

LIFE

Volume 5. Issue 4. 2015



**“DEATH AND LIFE ARE IN THE
POWER OF THE TONGUE”**

PROVERBS 18:21

WELCOME....

The LIFE newsletter is produced quarterly. We hope it inspires you to pursue a life that is free and driven by purpose and passion equips you to reach your full potential on your life's journey.

We would love to hear from you. Feel free to share your stories with us. All personal details will be kept confidential.

**Today choose to live and love,
your LIFE!**

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together making a difference

to

**Impart HOPE
Ignite PASSION
Inspire LIFE**

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Power of Words

We all realise at some point that sticks and stones can break bones, create wounds and leave scars. On the other hand words can hurt or heal, discourage or encourage, kill or give life.... or it can start an internal dialogue that becomes self distracting. How or what you think and feel about yourself will depend on how things end, even though you argue with yourself time and time again.

Why is it that we often don't take a moment to think before we speak? Why is it that we struggle to apologise and take responsibility for the words that we speak to people's faces, behind people's backs and even to ourselves?

There are many self help books that you can read and spend hours diving in to. The one thing I have found that most of them encourage the reader to do is self talk. Self talk to calm and soothe. Self talk to build confidence and self talk to gain self esteem. Have you ever heard it said that hurting people hurt people, wounded people wound people and damaged people damage people? The thing is left to self. We often become self destructive as well.

When people are hurting they most often remember the worst of a situation, not the best. They remember the words that were spoken as the stone was thrown more than why the stone was thrown. It has been said that if you tell someone that they are silly or stupid for long enough, the person will start to behave in such a manner. This is not because the person is silly or stupid but because the person has started to believe the words spoken over them.

What words have been spoken over you? What words have you taken to heart that have impacted the way you live your life? What words do you speak over yourself? What words have you stored in your heart and mind that are daily reminders of who you are?

Regardless of the challenges you face in life, your value does not change. Can a \$100 note change its value based on whose pocket it sits in or how it gets used or who uses it? Stop speaking words that hurt and cause damage and stop accepting words that damage and hurt.

Today I want to encourage you to engage with those who can speak positively into your life. Don't look at what you dislike about yourself, but rather, start to appreciate the things you have. Speak a kind word to someone in your life. Perhaps start with the person you see in the mirror. Today, make a decision to walk tall as a victor rather than a victim, a warrior rather than a worrier, a person of worth rather than worthless. From this day forth, decide to follow those who challenge, encourage, support, nurture and value you.

BEAT THE BULLY...

Society has a no tolerance for bullying. Schools have programs to teach our children that it is unacceptable and to help the adults to know how to deal with it. When a person, whether young or old is bullied, the words they hear bring fear and intimidation. Their self-esteem is battered. They can be left feeling worthless and helpless. The words of a bully can be crippling.

Proverbs 18:21 Death and life are in the power of the tongue...

Lately I have been noticing that the greatest bully in a lot of people's lives is not someone from work or school. Actually, it is not even a stranger or loved one. I have noticed that often the worst bullying a lot of people experience is from their own thoughts or self talk.

How often, especially us ladies, do we look in a mirror and think about or speak out our self-perceived faults. Things others may not have even mentioned or noticed. We focus on the negative and walk away feeling down and self-conscious.

How often do we say "I can't" and make up excuses finding all the self-perceived inadequacies we can? We talk down to ourselves, we ridicule ourselves, and we point out what we perceive to be our own faults.

How many times do we see when a bully starts to pick on someone others will join in, bringing even greater feelings of intimidation, fear and helplessness?

In John 10:10 we read that the enemy is a thief and his purpose is to steal, kill and destroy. He knows our weaknesses and is more than happy to join us in our barrage of negative self-talk and thoughts.

I think the first step to stop bullying is to realize it is what it is; unacceptable, damaging, crippling, harmful etc...

In the second part of John 10:10 God says (NIV) "I have come that they may have life, and have it to the full." The New Living Translation says "My purpose is to give them a rich and satisfying life."

To stop the bully we need to realise who we are in Christ. Psalms 139:13-14 "For you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made"..... 17-18" how precious to me are your thoughts God, how vast is the sum of them! Were I to count them they would outnumber the grains of sand."

There are so many scriptures that let us know who we truly are and how valued and loved we are. Following is a love letter from our Father. As you read it take time to think about how important and valued you are. We are all individuals and all unique. Taking control of our thoughts and words is not always easy but as we begin to realize who we are and how much we are loved, it does become easier.

Karen Bekker

***We would like to wish every dad a happy fathers day.
We acknowledge the important role every father plays in the
life of children***

Faithful - you are the standard by which your child will learn security

Available - you are the standard by which your child will learn time management

Trustworthy - you are the standard by which your child will learn truth

Honest - you are the standard by which your child will learn integrity

Empathy - you are the standard by which your child will learn compassion

Reliable - you are the standard by which your child will learn responsibility



SEMINARS/WORKSHOPS

All seminars/workshops are interactive, exploring fun and healthy ways to create change through experiences that challenge our thinking, feelings and behaviour that often impact us physically, emotionally & spiritually.

POPULAR TOPICS

***ANGER** - how to overcome self destruction*

***COVENANT** - keys to the relationship connection*

***FAITH** - keys activating faith to release dreams*

***IMAGE** - keys to renewing your mind to discover your identity in Christ*

***INSIGHT** - building confidence as you gain understanding about who you are*

***PARENTING** - how to bring out the best in your gift*

***PEACE** - keys to guard your heart to stand firm in trials*

***RESILIENCE** - knowing & understanding individual capacity*

***RESPECT** - the art of conflict resolution*

***REST** - keys to avoiding burnout*

***SELF CONTROL** - how to build your strength of character*

***TRUST** - keys to developing courage to pursue your dream*

seminar (one hour interactive presentation) / workshop (tailored to suite your needs)

If you would like to find out more details follow us www.facebook.com/lifeaustralia.

LIFE talks - life lessons

Have you ever met someone for the first time and grabbed on to something they said that stirs you and leaves you thinking? Last week, I met a person for the first time to discuss some possible future adventures.

We had a good meeting and discussion. I paid careful attention to all that was spoken. Yet, all through the conversation, stored in the back of my mind was his first and second questions that were asked of me. Questions are an important part of getting to know someone. It can disclose a lot about a person when you listen with intent. The first question that was asked happened to be in the second sentence as I sat down.

I was expecting many questions to do with many things in terms of the work LIFE does. Yet neither the first question nor the second had anything to do with work. That came later.

The first question was - ‘how long have you been walking with Jesus?’ I answered forever. Then I got the second question and I am sure it went like this - ‘were you born into it or was it by choice?’ The answer is that I was born into a Christian family who had a faith in God, but I made the decision to walk with Jesus.

Let me tell you why these first two questions impressed me. This person was finding out what I believed and did I make choices based on what I believed. We live more according to what we believe than what we know. This transforms into what we do and how well we do it. Those questions were like a fire in my belly. It woke me up. I was at the brink of a new adventure.

You see, when I get asked if I am a Christian, 1% of the time I will answer yes and that’s the end, but most often my answer is that I am a follower of Christ. Some then say to me, but, isn’t that a Christian? By definition a Christian is a person who believes in Jesus. But really being a Christian is a lifestyle. It is a daily walk with Jesus, be it in drought, rain, storm or perfect weather day.

Jesus calls us to follow him and He says “My sheep hear my voice, and I know them, and they follow me” - John 10:27. Let me briefly tell you why I decided to follow Jesus. I was told the stories of the Bible and all that God did through the lives of those who had faith in Him. Then came Jesus, the Son of God, and by this time I was hearing the things Jesus did during biblical times and I was seeing lives being transformed as people who walked with Jesus were being used to transform lives, just as Jesus did.

My lesson over the years has been this. In believing in Jesus I have experienced the love, grace and mercy of God for me. In walking with Jesus I get to live an adventurous life with courage and confidence as I keep my eyes fixed on Jesus. I also encounter the power of God’s truth transforming lives. When you walk with Jesus you never walk alone.

Candy Daniels



LIFE

Networking

We invite you to join us as we connect and share resources with like minded people/ministries/professionals who have a passion for God and a desire to empower community.

DATE: *9th September 2015*

TIME: *1:30PM - 2:30PM*

VENUE: *Sage @ Parkhill Plaza*
215-225 Parkhill Drv, Berwick

COST: *\$20 (includes a hot drink & snack)*

For further details please don't hesitate to contact us!

connecting resources to empower community

RSVP your attendance

0419 541 439 or

info@lifeinternational.com.au

LIFE networking will be meeting monthly, to connect and share valuable ideas and resources. If you would like to find out upcoming dates, times and locations stay connected with us via

<https://www.facebook.com/lifeaustralia>

Relationship Tips

1/ Honour and Respect

- Thinking of your partner as valuable and important and worth making the effort for
- Doesn't involve believing that your opinions, concerns and desires are superior to your partners
- Important! Without honour and respect all other skills won't work
- Practically it works out that when you honour and respect someone you are prepared to listen and speak respectfully even when you disagree

2/ Different isn't wrong just different

- Often attracted to what was different but after time becomes a source of conflict as we try to make them more like us: ie extravert/introvert
- Marriage is not about perfection but about building intimacy and friendship
- Listening to the heart is important
- All have different perspectives so need to find understanding
- Process is important
- Consider strengths and weaknesses rather than differences

3/ Have fun

- Develops positive sense and encourages friendship and what you first liked about each other
- Can reflect back when having a rocky patch and remember the good stuff about your relationship
- Quantity time leads to quality time

4/ Communication is the key

- Be aware of the 3 c's –
 - o Complaint – valid approach to problems. Is specific about the problem and limited to the situation at hand
 - o Criticism - tends to be global, accusing and blames the other person ie always, never
 - o Contempt – an attack on their personhood, feelings of disgust towards who they are. Invalidates them and leads to defensiveness which shuts down communication and intimacy

- Levels of communication – communicate at all levels regularly
 - 1 – greetings
 - 2 – sharing information
 - 3 – sharing ideas
 - 4 – sharing feelings and emotions
 - 5 – being open and honest

5/ Remember you're on the same team

- often marriage becomes a boxing fight
- need to go for win/win or alternative ideas
- listen to gain understanding and perspective - often saying the same thing just from a different angle
- soft start – 96% of the time a discussion will end how it begun remember body language is 55%, tone is 38%, actual words is 7%

Trudy Buchannan



Family First

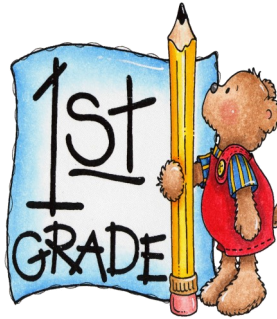
Family is where we experience all of our firsts. It is where our feelings about ourselves and the world we live in begin. In the family environment we learn what it means to be loved and how to love others. We learn right and wrong, what is acceptable behaviour and what is unacceptable behaviour. We learn about our feelings and how to express them. Where we first come from is important because it can determine the direction we may take in life and the decisions we may make.

Our family is where we first learn what it means to be in a relationship with others and this can be the model we take into our adult relationships, copying what we saw, felt and learned from our primary carers, predominantly our parents.

How would you describe the relationship you witnessed your parents having? What do the relationships in your extended family look like? How would you describe the relationship you have with your spouse? Can you see any similarities between your relationship and those of your family?

It is in this environment we discover what it means to be accepted and how it feels to belong. What is accepted in my family, for my gender, for my age? What do my academic achievements, or lack thereof, mean about being part of a family?

What is the meaning of my life? This is another question that is answered within a family structure. What does it mean to be the person I am, in this culture, at this time in history, and as a person in this neighbourhood? What is expected of me?



How do I identify myself in the world, is a question that starts in the family. What am I good at and what am I capable of? Do

I identify myself as a strong independent person who likes to take control of situations, or am I a person who sits back and takes in my surroundings before making a decision, and what does my family upbringing say in regards to this behaviour?

These are questions that are good to ask yourself at some time in order to establish a solid foundation to base your beliefs on. When you know why you do or say things, or what you may believe about certain things, you help increase your self-esteem and self-worth. Also, it will do well to remember that when we start our own family we are the creators of the firsts in our own children's environment.

Jodie Chambers

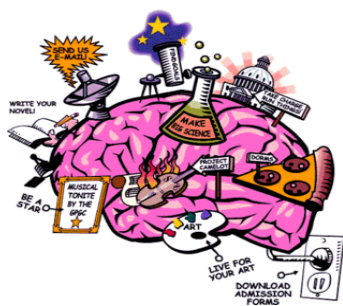
Fibre

Have you given much thought to fibre? The first thought that comes to your mind will depend on the work you do or your understanding of it. A technician might think of fibre optics, a health professional might think of muscle fibre or dietary fibre, while a person who works with textiles or building materials will think of it in a different way. Essentially fibre is a compound that helps bind matter together, giving flexibility of movement.

For our digestive system to work at its optimal level, we need dietary fibre along with water to excrete the waste matter from our bodies. If we don't excrete the waste our bodies can become toxic, and we will feel and eventually become sick.

Did you know that there is a direct link from our gut to our brain? Is it any wonder that most visits to the doctor are linked psychologically rather than being physical factors? We often joke around when we say ‘it’s all in the head’, actually most of the time it is. This is because the brain is responding to a part of the body that is not functioning as it should.

The human brain contains 75% water, hence when we get dehydrated we get a headache. The rest is made up of matter that is flexible. When we get stuck in a rut and lose our flexibility we get anxious or stressed and this we often feel in our gut.



Every time we have a new thought or we recall a memory we create a new connection in our brain. Neurologists call it neuroplasticity. Essentially, if we choose to think positively or choose to work through a hurtful memory, we can change the health of our brain. This is the same as increasing the dietary fibre content in our diets and water to keep our body healthy.

We know that continually eating junk food will make us unhealthy and that through exercise and good food habits we can have a healthy body and mind. In the same way we can have a healthy brain through choosing to drink water that cleanses and hydrates (work through the issues) and consume plenty of fibre (think positively). Just as it is a good habit to empty our bowels daily, it is essential that we renew our thinking daily to get rid of waste and toxins.

Candy Daniels



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