

TOUGH MINDED FAITH FOR TENDER HERATED PEOPLE- R.H.Schuller

This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.

1. Be careful of what you want-You will get it.
2. Doubt your doubts and have faith in your faith.
3. Sitting in the front row-people of faith, confidence.
4. Go for it, give it a try. You might surprise yourself with success.
5. Success is achieving the maximum of your potential in a given situation.
6. +ve affirmation is like whistling in the dark. It gets me there and keeps me going, even at the darkest point of the journey.
7. Unless I am expandable, I am expendable. Growth is synonymous with life. Keep dreaming and you keep growing.
8. Use your faith to set +ve goals & you will be sure to rise to a higher plateau. Goals distract from worries, you feel your life has a value.
9. If you fail to plan, you plan to fail.
10. I would rather attempt to do something great and fail, than attempt to do nothing and succeed.
11. I am trying, therefore I am a success.
12. Faith takes a giant leap through public announcement of your goals.
13. Get excited about succeeding.
14. If you aim to do nothing, you are sure to hit it.
15. There are no great people in the world. There are only ordinary people. The only difference is that they set higher goals, dream bigger dreams & settle for nothing less than the best.
16. When you dare to predict your own success, you attract support and produce the pressures that will ensure your success.
17. The element of uncertainty adds excitement to life. God's promises are not to 'play it safe spectator in the stands', but to the 'let's take a chance' player in the middle of a game.
18. Faith is not day dreaming-it is decision making. Procrastination is an exercise of doubt.
19. Today, I shall tackle my biggest enemy-inertia.
20. In deciding to begin, I have solved my biggest problem. I am going to succeed, for beginning is half done.
21. Miracles never happen with meditation, but mighty action.
22. Every commitment generates a new set of problems. The solutions are never known a priori, you know them when you set out on the journey.
23. Irrecoverable commitments that offer no loopholes, no bail out provisions, & no parachute clauses will attract incredible productivity & performance.
24. Be prime mover, leader! A leader is the 1st person who stands up out of chair and says, 'O.K. gang, let us go'.
25. Compliment yourself every day(morning/night).
26. There is only one NOW, I am going to make the most of it today. There is only one ME, I will make the most of myself.

27. If you don't believe in yourself, who will?
28. Many +ve ideas come into your mind like orphans. Faith is adopting these orphans. It is buying without warranty, travelling without reservation.
29. Without reason, join as a family, and sing a happy song.
30. Tune in to stations of LOVE, HARMONY, HOPE, JOY, PEACE, COURAGE & CHEER.
31. At least once in a week, hear a +ve thinking message, read +ve spiritual material, prayer.
32. Maintain a constructive critical overview of thoughts. Without guidelines, control, censorship, life is like an airplane with a drunken pilot.
33. Starve your -ve thought by ignoring them.
34. Faith is washing the window of mind, every morning, bright with God's love, & each night, washing the film of negativity. Observe how quickly(if you are not careful), clean windows lose sparkle. A film comes from somewhere, clouding sun's reflections. Ask God/Guru to come in each morning/evening to wash the skylights of your soul.
35. No one is perfect. No one is sinless. Why are you so rough on yourself? Tolerate your imperfections & keep striving for excellence, but never tolerate your -ve thinking.
36. Avoid -ve thinkers who put you down! You need build up. Join +ve people who lift you up.
37. Program your mind to see good in bad situations, react +vely in -ve situations.
38. The WILL is more important than the SKILL, when it comes to scaling the wall.
39. Divide to Conquer: One large problem is a collection of many little problems. So the way to tackle an impossible problem is to break it down and solve several little problems, one at a time.
40. Believe in your +ve fantasies and you will begin to actualize them. +ve people will intuitively respond to your +ve dreams. Encouragement will come from places & people you least expect.
41. "Ask, & it shall be given to you, seek and you will find; knock and it will be opened to you"-Bible
42. It begins, when faith becomes an act of will, when belief is translated into dynamic will power.
43. The truth is, if you continue to take daring decisions, you will succeed. At least you will succeed in filling each day with excitement.
44. Success is no accident. It is a commitment, not a coincidence.
45. A maverick doesn't run with the herds, but ventures out into the beckoning world. Dare to be wise but nonconformist.
46. Enormous power is released when you make public announcements of what you are going to accomplish.
47. There is incredible power in the spoken word.. Heaven and earth were created by the word of God.
48. Enthusiasm is essential to keep faith strong and alive.
49. Make strong affirmations every morning/evening about your faith.
50. +ve exaggerations generate great expectations that stimulate enormous enthusiasm.
51. Deflect the poisonous darts of -ve thoughts with holy stubbornness. Through persistent +ve thinking develop an immunity that instinctively, intuitively fights off the invaders of negativity.
52. Most important resource is time, not money.
53. Give God time, and He will perform the miracle. Revise your time table before you bury your dream. God has never promised to deliver an answer to prayer according to our time tables. Don't give up, revise time table.

54. God is in details. Examine the details of life(shortcomings). Greatness comes through the toughness of being specific even in the details.
55. Life ceases to be stale when we dare to come up with a new recipe.
56. Try placing a blooming flower on your table. +ve thinking people bring color to brighten the day.
57. Faith is throwing seeds in the hope that they will come back multiplied. You can count seeds in an apple, can you count apples in one seed?
58. Pruning dead branches is essential for success. Keep growing or start dying.
59. Not having a new goal is to feared more than not reaching a goal.
60. Pray as if all depends on God and work as if all depends on you.
61. Work harder than others. God rewards sincere workers.
62. Give your best time to MIMP projects.
63. Faith is staying with it through thick or thin, believing that you will eventually win.
64. Forget ease and comfort. God's projects are tough.
65. Don't wait quietly for God to drop miracles from the sky. Be proactive in every way.
66. Continue/Strive to grow, else you die. Senility comes to tired (old) people who give up growth.
67. Life is never boring to the exploring mind.
68. Happiness and harmony are more important than having your own way.
69. The journey of life can be rough with jolts. But rewards of taking them positively in your stride can be large.
70. Nobody is a loser-until he starts blaming someone else!
71. Faith believes there is a solution to every problem. Even when the problem defies solution, faith believes that we can be +ve anyway!
72. When things go wrong, have courage to accept the blame. Be accountable.
73. Respect criticism. Only secure people can do that. These may warn of weaknesses before it is late.
74. Congratulate competitors and fellow colleagues.
75. Hidden hurts cause wounds & are most dangerous. Flush them out as soon as you notice them. Don't accumulate them
76. Surround yourself with +ve books, +ve songs, movies.
77. You haven't lost everything until you have lost your faith. And that's a choice, not an accident.
78. Love your enemies, do good to those who hate you, and pray for those who spitefully use and persecute you. Must for spiritual growth.
79. Do not develop victimitis.
80. We must try to smile even in the most difficult situations.
81. Absorb disappointments, rejections, setbacks, like a sponge.
82. Do not take a -ve decision/quit in a down time. Hang in there. Hold on.
83. Thank God in good as well as bad times.
84. Sorrow colors a person's personality. The hues never fade. However, you can make them dark by being bitter or bright by becoming more compassionate and tender hearted. Sublimate your sorrow.
85. Faith looks at what you have, and not what you lost. It is a valuable asset.
86. Hang in there after a loss/defeat, even when you can't justify the same. Wait for your turn.

87. Never underestimate God's power to repair, restore or replace things destroyed.
88. Choose today to connect with the most beautiful +ve thinking people you can meet.
89. Relax under pressure, you will tap into God's powers.
90. You can't escape the raw realities of life, but you can shape them!
91. Worry is like a rocking chair which keeps you active but doesn't take you anywhere. Hope puts a twinkle in the eye, whistle on your tongue & a happy gait in your walk. Faith gives hope. Praying expectantly is hope.
92. You alter your condition by altering your attitude.
93. Faith assumes that the unknown, the mystery is not hostile but a kind providence.
94. Preempt –ves by an exciting +ve thought.
95. God loves us even after he has seen us at our worst. Requires +ve repentance.
96. Trust God. He will draw greatness out of you, that you never knew was there.
97. Confession is an act of faith that brings enormous peace. Wipes slate clean.
98. God forgives our worst sins. So must you forgive and forget.
99. It is easy to wear a cap & be a supporter of a strong and ever winning team. It takes courage and faith to wear a cap be a strong supporter of a miserably losing team. God does precisely that for us.
100. With faith in God you become a more beautiful person, make friends easily, do not feel lonely, good people are attracted to you and vice versa. Your self esteem and dignity improves.
101. The secret of happy living is to give yourself all the good news you can, as often as you can. Tune into station TGNT : There is good news today.
102. God has a plan for my life today. I will be optimistic, pleasant, cheerful, and hopeful today.
103. Join a group of +ve people today. They influence you positively & ward off bad influences.
104. You will never be alone, you will never be thirsty, if you are willing to drink from newer wells.
105. With faith you can adapt to an unfamiliar person(s), environment, easily.
106. Shun prejudices which lead to fear, hatred, jealousy. These are destructive.
107. Person with faith does not criticize or condemn. He trusts others and looks for the best in them. He believes that reconciliation is possible between alienated persons.
108. Unless I forgive(self, others), I don't love.
109. Believe/anticipate the best. The reward is in the joyful moments of the journey. Do not fret even if you reach somewhere else, rather than the intended destination. Begin every journey like this and life will be beautiful.
110. Love the unlikable, unlovable. There is something beautiful in every person. If you can't feel it, you have a problem. God deliberately wants to test and teach you through this.
111. Help, love, touch, somebody you don't know.
112. A loving look, word, touch, prayer can work miracles.
113. Use scarce water to prime the pump first before drinking the pumped water. Help others first.

114. It is impossible to give anything away. It always comes back to you. Give love, love returns. Show affection and get affection. Give happiness and get it back multiplied.
115. How often shall my brother sin against me & I forgive him. Jesus said to him, "Up to seventy times seven".
116. Do we stop taking bath every day because we get dirty every day? The same applies to mind as well. Cleaning the mind from negativity through prayers of love, harmony, and happiness for all, is the bath for the mind.