

7 Sentences to Change Your Life Episode #205

Sean: Here we are again with the Ray Edwards Show.

Ray: It's hard to believe we're 11 days into January.

Sean: It is.

Ray: It's almost like it's not real to me.

Sean: It's crazy.

Ray: So, on today's show I'll explain how the 7 sentences work and how you can make your own.

Sean: Choose your own adventure.

Ray: Yes. Isn't it cool that life is like that? How to have peace in the midst of chaos, trouble and problems. How to rule over your day. I'm king of the day. Are you interested?

Sean: Yes. I'm king of the day. This is my day.

Ray: That's all coming up.

Spiritual Foundations

Ray: If there's one thing that's true it's that a storm is coming.

Sean: So dramatic.

Ray: It's true, if you haven't encountered a storm in your life, I'm speaking about not just weather related literal storms but metaphorical storms, like the report from the doctor's office that your biopsy came back

and it's not good news. Or, the news that you got from your boss that you're being downsized or retrenched, as they say in other parts of the world. It sounds painful.

Sean: Yes, you're being retrenched.

Ray: Maybe there's chaos in your home and your relationships. A storm is coming. If you're not in one now you probably will be soon, and I'm not a negative guy, I don't believe in thinking negative but let's be real, life is filled with storms. How do you walk in peace? How do you have peace in the midst of that kind of chaos? Let's go to the book of Mark 4:39 and see what it says.

'Then He arose and rebuked the wind and said to the sea, peace be still, and the wind ceased and there was a great calm.'

This story, in case you're not familiar, is the story of Jesus in a boat with his disciples. They're out on open water and a massive storm strikes. The boats being tossed and Jesus is taking a nap in the bow of the boat. Everybody else is freaking out because they're convinced they're going to die, so they nominate someone to wake Him up and ask, don't you care if we're going to die? He wakes up and says to the storm, peace be still and there was a great calm.

You may say that's great for Him, because He's Jesus and that's great for the disciples because He was in their boat. Well, for those of you who have not seen this obvious maneuver coming, He's also in your boat. If you're a believer in Jesus than, not only is He in your boat but the same spirit that raised Him from the dead lives inside of you. You have the same authority, the same power and that's true for every believer.

So you can speak to the storms in your life. You can speak to your health, your mind, your emotions and your family, whatever is troubling you, wherever there's a storm and you can command those storms to become peaceful and be still. You might say, I've tried that and it doesn't work. Keep trying. Keep practicing. Even Paul had a success rate that was somewhat less than that of Jesus.

However, Jesus did say, these works that I do you will do greater works. So I believe there's still an expectation on the part of God that we will step into that reality and the way we do it is to start.

Here's something to think about... when you realize that you have this kind of power in your words to speak to the storms and calm them, doesn't it make sense that if you're speaking the opposite that that could also be true, that you could be empowering the storm? This always happens, this is what happens every time, I'm just waiting for the other shoe to drop.

Sean: The one I hate is when you ask people, how you doing? Then you get, hanging in there.

Ray: That sounds like it would be hard to breathe. So, speak to your storms and begin living in peace.

Tip of the Week

Ray: This is the part where I talk about how to rule over your day. It's kind of related to what we were just talking about. The kind of day you have is up to you. I journal every day. I use the Day One app and a template which is a series of questions that I answer. When I realized I didn't have to write an earth shaking essay every day like... dear diary, today I came to realize the great cosmic truth that arose within my mind... No, I could just answer a few simple questions like...

What am I grateful for today?
What am I going to do today?
What did I accomplish yesterday?

Questions that help me record my life and evaluate it and process the things that are happening in my life. Not only that, but help me decide in advance how I'm going to react to what is about to happen. So I'm going to suggest the best way I know of to help you rule over your day is to intentionally journal what kind of day you're going to have.

I do this every day. I write down what my biggest wins of the day are going to be before the day even happens. So I'm somewhat prophecying what my day's going to be and many times I'm right.

Sean: Boom!

Ray: You can use a regular blank journal. You can use something like the 5-minute journal if you want something pre-done for you or you can try out John Lee Dumas' new Freedom Journal which I think is awesome and it's what I'm using in 2016. It's a journal specifically designed to help you achieve your number one goal in 100 days or less.

Can you guess what goal I'm using Jon Lee's journal for?

Sean: Weight loss.

Ray: Correct! When I started last year I had 102 pounds to lose and I lost 51 of them. I didn't plan that it would be exactly half, but now I have a goal of losing the other 51 by July 4th. So I need something to keep me focused and this journal is a good place to start. So you need to get yourself a journal, whether it's a blank one or some other one, even a text file on your computer but I recommend looking at FreedomJournal.com.

I get no commissions or anything for endorsing it, but if you buy into that Kick Starter program, you will be helping to build schools in Africa and that's something important that you might want to be part of. So there you have it, that's how you rule your day.

Feature Presentation

Ray: I'd rather rule my day than ruin my day.

Sean: I've been wondering, I wish I had a grouping of sentences maybe like six or seven that could change my life.

Ray: Really?

Sean: Yeah, do you have any insight on that?

Ray: That's amazing. I've told you recently I don't believe in coincidences, and I don't believe it's a coincidence that you asked me that.

Sean: It does seem rather strange.

Ray: I actually have seven sentences.

Sean: What!? That's amazing.

Ray: Yes, I don't know if I can go on. Let me shake off the chills I just got down the back of my neck.

Too often we blow through our life like a leaf in the wind...

Sean: So poetic.

Ray: Like dust in the wind... I'm resisting the urge to start singing.

I used to wake up some days and be down. I would find it difficult to climb out of that hole. I got to the point where I referred to those as though I was having a chemical day, like the chemicals in my brain are off. What I meant by that was this is just how I am today so just deal with it.

I'm here to suggest to you that we are not at the mercy of our brain chemistry because we manufacture our brain chemistry. Think about it. Where do the chemicals in your brain come from if not out of your own body?

Sean: Saturn.

Ray: That's a different problem you may have. Unless you have some weird physical problem, like you're being controlled by beings on Saturn, or if you have an illness that affects your brain chemistry then obviously that will play into this. But even though that may be the case, don't give up on the idea that you can control the kind of day that you have.

You can determine the quality of your days and if you can do that that determines the quality of your weeks, which determines the quality of your months, and of your years and of your decades and

your destiny, just by following these seven directives I'm going to give you.

Let me talk about directives for just a moment.

I was listening to an interview with Derrick Sivers, who is the Founder of CD Baby. He sold that company for \$20 million and gave all the money to charity. He did that because he didn't need it, he had plenty of money and other things he was interested in doing. He's a guy who has a very independent spirit. He goes his own direction.

He was talking in this interview about how so many books that he read he thought could be summed up in a single sentence and that they were just directives. I was so enamored with that thought I began to think about, if people are just asking me, what are some sentences that define how you live your life that you believe gives you the results that you're after. Then I started thinking about what some new directives might be that I could write that would make my life more like the way I want it?

Then my friend, Mike Kim, beat me to the punch and wrote and posted 11 great ones. So I thought that I had to do something like this now, so these are my seven. You can make up your own if you want, but I encourage you to adopt these if you don't do that, because these will work for just about everyone. I believe it's important to write these in an affirmative personal first person way, saying I will and then the directive.

1. I will create as much value for as many people as possible.

The directive could be worded, create as much value for as many people as possible, but I think there's more power to it if you are reading it to yourself and you say I will. I'm going to give a brief explanation of each one.

Sean: Do it.

Ray: Why is this a directive? Why is it important? If you want to receive wealth and freedom and you want to be recognized and we all do and there's nothing wrong with that. If you say you don't want to be

recognized then you don't want to be affirmed for the value you bring to the world, you're either lying or deceived. It's built into us.

Therefore, if I say I will create as much value for as many people as possible, that's how you get rich and famous is by creating value for other people.

2. I will make good decisions faster and never leave the scene of a decision without taking an action to move the decision forward.

Too many times we wait and think about it. This directive is about, once you have all the information you need to make a decision, make it and then do something to move forward. Put a flag in the ground and keep moving.

3. I will own my attitude, actions and response to circumstances, no matter what they may be.

This one is difficult for a lot of people, because usually when I share something like this with people there's always someone in the group who will say, you don't know what happened to me. I was born with two broken arms or (insert tragic life story here). In many cases, those people are using those stories as an excuse not to perform to their potential.

If that's what you decide and you're okay with it then you're free to make that decision. Don't pretend that you're not in control of your response, because that's dishonest. You can choose how to respond. This one doesn't mean that if something bad happens you might not have off days where you feel kind of blue about it or you feel discouraged, but even on those days you can choose to do the next directive.

4. I will choose joy.

I know this isn't a new saying, but the first person I ever heard say something like this was Pastor Bill Johnson, who said, 'happiness is a choice, so if you're depressed you can choose to be happy.' That made me angry, because at the time I heard that I was going through some things that I felt were out of my control that I felt made me depressed.

The more I considered his words the more I realized he's kind of right, I can climb out of this hole or I can decide to stay in it, it's really up to me.

5. I will serve, praise, honor and treat gently the people in my life.

Jesus said a lot of puzzling things. The first shall be last and the last shall be first.

Sean: I think this would be a great instructional thing on an elevator.

Ray: I never thought of that, but that's true. In order to be lifted up, exalted you must first be humble. He had these quirky sayings that are opposite of the way we think of how things work. This directive says I will serve, I will praise, I will honor and treat gently the people in my life... this is really an outgrowth of what some people call the Golden Rule, which is where Jesus said, do to others the way you would want them to do to you.

If you do number five, if you're skeptical about any of these it's probably mostly about this one, but try it for 30 days and if you do that and your life isn't changed, get in contact with me because we need to talk. I don't think it's possible for you to serve, praise, honor and treat gently the people in your life and not have a positive change in your own life.

6. I will speak only what I want to see show up in my reality.

This doesn't mean that you deny reality. There are facts that are presented to us that we have to deal with. If you have just lost your job you can go around all day saying I still have a job when you don't have a job. The way I think of it is this... you get 10 minutes to wallow in the problem (my general rule of thumb)...

This isn't fair, why is this happening to me?
I can't believe this, I don't deserve this.

You can wallow in self-pity for 10 minutes. Set a timer and when it goes off it's time to pick yourself up and start speaking only what you want to see show up in your reality. That means if you're the kind of person that says, this always happens to me, this is how it always turns out or, why do they always treat me like this or why do I always get the crappy assignments at work?

If you're an entrepreneur and you're successful and busy and people say to you, how are you doing? And your response is, I am so busy it's crazy. I'm about to go out of my mind. I mean, it's good but it's rough. You're trying to brag and get recognition and pity at the same time. That's a weird combination of stuff you want.

Sean: Yes.

Ray: And a weird way to get it.

Sean: A lot of people are walking contradictions.

Ray: By the way, just so you understand that I understand myself, this is for me too, I came up with these. Why do you think? Because I'm the one who needs them the most. So I need to remember, when someone says how are you doing, Ray? I don't say I'm crazy busy. I say I am full. I've got more opportunities than I can take advantage of. My biggest problem is picking the ones I want. Truth, speak only what you want to show up in your reality.

7. I will spend less than I earn, pay myself first and invest so that money works for me instead of me working for money.

This could solve a lot of problems for many people in countries and companies.

Sean: Yes.

Ray: There's a difference between earning money and making money.

Sean: Absolutely.

Ray: If you work for McDonald's and they pay you \$10 an hour or whatever it is, you're earning money. If you started McDonald's you're making money.

So, my contention in the beginning of this was, you can determine the quality of your days, which determines the quality of your weeks, months, years, decades and destiny by following these seven simple directives.

Sean: To recap... Thanks again, I was looking for these seven sentences.

Ray: I know, this is why I wanted you to recap them, because I know you wanted them.

Sean: Exactly.

Ray: I made them for you.

Sean: Thank you. Oh?

1. I will create as much value for as many people as possible.
2. I will make good decisions faster and never leave the scene of a decision without taking an action to move the decision forward.
3. I will own my attitude, actions and response to circumstances, no matter what they may be.
4. I will choose joy.
5. I will serve, praise, honor and treat gently the people in my life.
6. I will speak only what I want to see show up in my reality.
7. I will spend less than I earn, pay myself first and invest so that money works for me instead of me working for money.

Ray: So how do you make this happen for you? How do you make this work in your life? I would suggest writing these seven directives down on a 3x5 card or put them in Evernote, which is what I have done. It can be on your phone, your iPad/tablet, your computer and read them daily.

I want to make something clear. These are not affirmations and I don't have anything against affirmations, but this is not I'm good

enough, I'm smart enough and people like me. Notice these are action sentences that state things you will do, choose or create. You're giving a command to your inner being saying, I will create as much value for as many people as possible.

So read these out loud daily and watch the change that occurs in your life.

Sean: You can find the show notes for this episode, including a transcript by going to RayEdwards.com/205.

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Ray: Here's a thought to ponder... if you spew poison from your lips you'll see it all over your life.

I pray that God blesses you and that He does more for you than you can ask or even possibly imagine.

Until next time, peace.

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