







**SELF-INTERROGATION**

**“Excuses, Excuses!**

On the wall in the lobby of Christ Community United Church Center in New York City is a statement by Rev. Ike, “There is nothing so bad as a good excuse

**You Can!**

Every time you say, “I can’t,” every time you *think*, “I can’t,” every time you *feel*, “I can’t,” you are denying the possibilities of God. Disbelieve all the reasons why you can’t. Disregard what *seem* like reasons why you can’t. Disregard your good excuses. That is the trouble with some of you, your excuses are too good! .”—Rev. Ike.

**What are the top three excuses I hear myself using often?**

(Example: “I’m too tired” or “I don’t have the money” or “I don’t know how.”)

- 1. \_\_\_\_\_  
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- 2. \_\_\_\_\_  
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- 3. \_\_\_\_\_  
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Remind yourself of this Truth daily: *With God, all things are possible.* Matthew 19:26

**“Right attitude is my key to life.**

And again, the immortal words of the Psalmist in the Scriptures: “*Create in me a clean heart oh God and renew a right spirit within me.*” *Attitude is your mental approach to life, your disposition toward life, your disposition toward yourself, other people and things.*”—Rev. Ike

**What is my mental approach to life?**

Honestly evaluate your mental approach to handling situations each day. Do you panic when presented with a challenge? Do you seek advice from someone who has his/her “stuff” together? Do you feel helpless and decide to do nothing? This is an important question that will help you see why your life is flowing the way it is.

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## SELF-INTERROGATION

### Mind Power Treatment for July 2009

Continue to use the Power of your spoken word to say this blessing for yourself at whenever you need to combat negative, self-defeating thought during this month of July:

*Create in me a clean heart oh God, and renew a right spirit within me. I open my mind and my heart to receive the Infinite Love of God that fills my being with Peace and Love. Daily I realize the greatest and happiest possibilities of God-in-me. I see the greatest and happiest possibilities of good for myself, for everyone and everything.*

*Daily I practice a happy, believing and loving approach to Life. I go forth into life loving the God-in-me, loving the good in me. Because I believe that God is for me I now doubt my doubts but I do not doubt God. I feel good about myself. I feel like a winner; I feel healthy about myself. I feel happy about myself. I feel successful about myself. I feel prosperous about myself.*

*I expect to receive all the good I desire because I believe I deserve it. I love God-in-me; I love the good possibilities and the good realities God has placed within my own being. The Lord is my Shepherd, I shall not want. According to the decisions I make, the actions that I take, I create my life experiences. If I don't like what I am experiencing I know that I can change my future by changing my attitude which in turn changes the decisions I make and the actions I take.*

*I continue to see the greatest possibilities of happiness for myself and everyone. With God happiness is not only a possibility but a reality to me as I maintain a winning attitude of, "I can!"*

*Thank you, Father. Amen.*

### Affirmations for July 2009

Use the **Power** of your spoken word to say these Affirmations for yourself at least twice every day throughout this month of July:

**MY winning attitude creates MY success.**

**MY *right attitude* is MY key to life.**

**I am a winner and I believe it.**

**I doubt my doubts but I do not doubt God-in-me!**

**God believes in me.**

**I feel good about myself.**

