

### HP3-Play It Down, Pray It Up

Dr. Robert Schuler has impacted many lives. His teaching embodied in Possibility Thinking has influenced how I see life events. It has given me a new insight into how to deal with what life sends my way. I cannot give Possibility Thinking the credit it deserves in a single session so I suggest you explore Dr. Schuler's teaching further on your own. See the Appendix for more info.

The phrase "Play It Down, Pray It Up" is the easiest way to incorporate Dr. Schuler's approach into your life. On Friday July 13, 2012 I was dealt a family tragedy, a work setback and a business disappointment. Any one of these events would have devastated the "old me"! The combination of the three events would have led to deep depression. After many years of living by the "Play It Down, Pray It Up" philosophy I was able to encourage my wife and family rather than get swept up in the disasters. I looked at each of three events separately thus defeating the multiplier effect that satan was hoping for! Then I worked through each event playing down the impact on my family and lifting my family up in prayer. I saw the family tragedy not as a life altering event but as a temporary setback. Yes, it will have a lifelong impact but there are many triumphs, that when taken together, have put the tragedy in perspective. The work setback was not unexpected but the financial impact put us in a hole we are still digging out of. Again, when you put the setback in perspective with all the lifelong blessings I have received in the work place, it pales in comparison. Finally the business disappointment is still a work in progress. It taught me that relationships are more important than money. Although looking at each event separately and then putting each in perspective, helped carry me through that Friday. It was the prayer support of many in my network that provided the encouragement to move beyond the setbacks and expect that He would deliver on His promise. "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." The words that Jeremiah shared with the exiled Israelites are as true today as they were thousands of years ago. **God answers prayer!** He lifts us from despair! The

devil wants us to overreact; he wants us off balance so he can maneuver us in the direction he wants us to go. I have learned that disaster is a tool of God to mold and shape us into the plan He has for us. Yes, that's right. Each disaster is part of the plan! Depending on God to pull you through the disaster is God's plan to draw you closer to Him, to depend on Him and not yourself.

If there were not days like Friday July 13<sup>th</sup>, 2012 in our lives, we could just depend on ourselves! Disasters serve a purpose to remind us that we are His creation. We are designed for His purpose and the sooner we understand His purpose, then the sooner we will not have to experience disasters. Also the sooner we will experience His comfort, His joy and His peace!

### **Verses:**

**Jeremiah 29:11** "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

**Psalms 23:4** "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff will comfort me."

### **Personal Reflection:**

What tragedies have you experienced? How have they impacted you? How could you have applied "Play It Down, Pray It Up" to your life?

### **Group Discussion:**

Share your insights into how "Play It Down, Pray It Up" could impact your life.

Ask the group to pray for men who are dealing with disasters.