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*Power of*

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## The Power of the word **IF**

How can a two-letter word be so powerful and change the trajectory of your life? You can decide all day and night, but until there is action you have only made a choice! For every choice there is an IF attached.

Here are ten things that **IF** you don't act within your life, by default a decision will still be made without you doing one thing.

IF I don't build healthy family relationships.

IF I don't treat people the way I want to be treated.

IF I don't eat and exercise to maintain my physical health.

IF I don't prepare paperwork for the unknown future.

IF I don't relieve stress and worrying.

IF I don't invest my money to grow.

IF I don't feed my mind positive information.

IF I don't prepare my savings for emergencies.

IF I don't spend quality time in my spiritual life.

IF I don't enjoy the ebb and flow of life and be thankful.

**IF** I don't build healthy family relationships.

Building healthy family relationships is so important because you did not have a choice of the family you were born into. However, everybody in your family has their own unique personality. Family does not mean that they must be related by blood. Everything is about

relationships. It is good when you learn how to sacrifice for each other as well as active listen to what the other person is saying, and in some cases “not saying”. However, when you are so in tune with the other person, you will most likely know when they are not revealing their true feelings.

What you put in is what you will receive. In God’s word it states that you reap what you sow. **If you don’t**, there are a lot of older, lonely people that are basically left on their own because most of the time they only cared about themselves and nobody else.

**IF** I don’t treat people the way I want to be treated.

Treating people how I want to be treated is in the word of God. He wants us to love Him with all our hearts and mind and love others as we love ourselves. One of the best feelings in the world is to know that someone is happy because of you! **If you don’t**, you may wonder why people may treat you a certain way and you don’t like that when it happens.

**IF** I don’t eat and exercise to maintain my physical health.

Do you realize that time brings about change? What you have ate before and how much may have different consequences as you get older. To have an abundant life you must be intentional in your eating and exercise habits. So many people are on medications that can be good for different ailments, but some are on meds because of lifestyle choices only. **If you don’t**, there is a good chance that you can’t have

the quality of life to enjoy your everyday activities with family and friends.

**IF** I don't prepare paperwork for the unknown future.

You never know what unforeseen circumstances is waiting around the corner. Suppose you are in an accident and you have to be in the hospital for a while; do you have your power of attorney or advance directives in place? Do you have your insurance policy in a place so a family member can locate it? We live in a world that things can happen so quickly, and the stress of the unknown can complicate matters when paperwork is not in place. **If you don't**, the great possibility of stress and anxiety will be all around you.

**IF** I don't relieve stress and worrying.

You have heard the saying "If you are going to worry, don't pray". Well God states in his word Matthew 6:34 don't worry about tomorrow. There are enough things going on in your life today that God has given you the grace to take care of it or help you to cope. **If you don't**, this can increase your chances of having poor health and not enjoy the blessings you already have.

**IF** I don't invest my money to grow.

We have been so focused on just saving money, which is good, however we must make money work for us. When you invest your money, you will get more than what you put in. **If you don't**, you will have no interest and only receive the original amount of what you save. You would be leaving "money on the table".

**IF** I don't feed my mind positive information.

There is nothing wrong with selective entertainment. However, with social media there is so much negative and positive information out there. What we choose to listen to will either make a deposit or withdraw in our lives and influence the decisions that we make daily. Remember everything starts in your mind! There is no greater wealth in this world than peace of mind! **If you don't**, you will feed your mind with things that will not propel you into a greater and more abundant life.

**IF** I don't prepare my savings for emergencies.

When you can put your hands on your own money and borrow from yourself for any type of emergency that is a good feeling. To do this, you must be disciplined and intentional on putting a small amount back for things that may come up. Emergencies will happen in your life. **If you don't**, you will always have to go to somebody else and feel like you can't be your own person.

**IF** I don't spend quality time in my spiritual life.

To navigate through life, you must have direction from the Holy Spirit to help you know when, how, and what to do. The only way to do that is to spend time in your spiritual life seeking wisdom. It is so easy to mess up in life and the consequences can be long term. We all make poor choices at times. So, growing in wisdom is a way to become more selective in decisions we make for an abundant life. **If you don't**, when

you are backed up against the wall and the pressure of life has come in like a flood; you will not know what to do.

**IF** I don't enjoy the ebb and flow of life and be thankful.

Most of you have heard the saying "Enjoy the journey" which is a very good statement. **If you don't**, you will always be waiting for something to be better tomorrow and never enjoy today. You will miss out on some very precious moments of life.

When you make a choice to strive for better options and don't put off today for tomorrow, you are taking steps to be proactive and relieve unnecessary pressure that can lead to a stressful life.

**The Bible principle is this – "If man does" then "God will." Religion takes the 'if' off man and puts it on God.**

**Even so faith, if it has no works, is dead, being by itself. – James 2:17**

**Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come into him and will dine with him, and he with Me. – Revelation 3:20**

**Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. – Galatians 6:9**

**If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless. – James 1:26**

**If I have the gift of prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing. – I Corinthians 13:2**

**"Truly, truly, I say to you, if anyone keeps My word, he will never see death." – John 8:51**



**Positive information for your mind.            T    O    C**

**Money for emergencies.                        T    O    C**

**Quality Spiritual Time                        T    O    C**

**Thankfulness no matter what!                T    O    C**

**Here is one little secret, Everything should be “O”.**

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Podcast “IF” has Power” on Spotify and other podcast platforms

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