



10 *Minutes*
A Day To a
Better *Way*

By Norman Vincent Peale

GUIDEPOSTS OUTREACH

Guideposts, founded by Dr. Norman Vincent Peale and his wife, Ruth Stafford Peale, in 1945, is a nonprofit interfaith ministry dedicated to helping people from all walks of life achieve their maximum personal and spiritual potential. Its inspirational products and programs spring from two major beliefs: that true stories are a powerful way to motivate people to lead better lives and that faith in God can be strengthened by applying spiritual truths to daily life.

Guideposts Outreach strives to fulfill our mission by providing inspirational publications free of charge to hospitals, nursing homes, churches, military personnel, correctional facilities and other organizations that serve the public. In addition, we invite our readers to send us their prayer requests—by mail, by phone or via the internet. Every working day, Guideposts staff and volunteers pray for these requests by name and need.

*For additional information about Guideposts Outreach, please e-mail **outreach@guideposts.org**.*

Table of Contents

How To Use This Booklet	3
1. Will God Actually Guide You?	4
2. When You Are Discouraged	6
3. How To Reach Your Goal	8
4. When Making Decisions	11
5. Build Your Confidence	14
6. When Sad	18
7. How To Feel Rested	21
8. Overcome Loneliness	24
9. Restore Your Energy.	28
10. Renew Your Health	31

How To Use This Booklet

This booklet contains a simple, easily worked, practical plan, which, if used daily, can improve anyone's life. If you make this plan a number one priority, you can achieve a greater measure of happiness, increased efficiency, and a feeling of spiritual, mental, and physical well-being.

The plan is to spend 10 minutes every day in carefully selected thought procedures. The successful outcome will depend on the regularity with which you follow this routine. To do it for a day or two and then skip a day or more will have little or no impact on the results.

Some choose their 10-minute period in the early morning; others after breakfast; and still others at varying times of the day or evening. As long as you practice the 10-minute period every day, beneficial results will soon become apparent. The person who seriously wants a better way must establish the rule of never letting the 10-minute period go by unobserved.

Applying the 10 minutes a day procedure to solve any ordinary problem can result in a better way of life. Isn't that worth an investment of 10 minutes a day?

1 Will God Actually Guide You?

THE ANSWER is yes, He will for sure. God's guidance is not some theoretical, wishful assumption, but an actual fact. I know this to be true, for He has guided me and thousands of people who have told me of exact experiences where God directed them.

How can 10 minutes a day work out in this marvelous manner?

1. Clear your mind as much as you can. Make your mind empty, quiet and calm. Wait patiently, humbly, and be completely receptive. Drop the notion, "I think I should do this—or that." Say instead, "I am waiting to be told what to do, when to do it, how to do it." By this process, you have made your mind susceptible to Divine wisdom, which is far above ordinary human wisdom. You are now ready to receive right answers and direction. They may not be what you expect or what you want or what you would have thought of by yourself. They may even appear to run counter to human thinking. Or they may even be far from what

we call rational. But if you are a believer and have rendered yourself an instrument of the Divine mind, you will be on the wavelength of a rightness in which there is no error.

2. Patience is required. God takes His own time to give directions. They may come quickly or slowly. I have discovered that if an answer is imperative, it will come when needed.

J. L. Kraft, founder of the company bearing his name, was a deeply believing Christian who had no doubt about the validity of Divine guidance. He told of the difficulties in getting his company started, saying that he always depended upon God's direction.

He said that as he came to know God as his great, understanding and helping friend, he could suggest to Him that he believed he had to have an answer by a certain time. And if God concurred in that time requirement, the answer would come.

Mr. Kraft's method was to act on Thursday morning at nine a.m. on whatever idea or plan would float to the top of his mind. "The percentage of right decisions by this method was great," he said.

3. In your 10 minutes of seeking guidance, quietly engage in thought receiving. Intuitions and insights will flood your mind. For example, it may come to you that you should do something for someone you haven't thought of in a long time. Or you may get insights about people. Act upon them. Now you are becoming an instrument in His hands in ways beyond understanding.

2 When You Are Discouraged

EITHER alone or with your spouse go into a room, close the door and sit quietly. If the phone rings, do not answer it. Or the doorbell. Let nothing interfere with the spiritual, profoundly creative silence you will experience in the next 10 minutes. Remember the words of Thomas Carlyle, “Silence is the element in which great things fashion themselves together.” Scrupulously observe the silence.

Turn your mind to the thought of God. Think only about Him for five minutes. Picture Him as a wise, kindly, loving Father. Say these words:

“Silence, Silence. Heavenly Father. Kindly Father. My Father.”

Then say:

“Thy great God, the loving God, the protecting God.”

Then add:

“Jesus Christ, my Lord and Savior, is helping me now.”

By doing this you will be surrounded by the peace of God that passes understanding.

For the second five minutes, drop the discouragement you feel into the eternal quietness, the everlasting silence, the great hands of God. Let go of it. Let God handle it. As you do this, your mind is being swept clean of dark shadows. Radiant light fills every crevice of your thoughts. You are now able to think more clearly. Any second, an idea by which you can successfully handle your discouragement will burst into consciousness.

Many years ago, as a young man, I was discouraged. At the time, I was crossing the Atlantic. Being unable to sleep, I got dressed and went up on the top deck. It was dark. I stood watching as the darkness lighted into gray and there were shadows everywhere.

Then a faint glow of pink appeared on the eastern horizon. A sliver of the rising sun projected upward. Long shafts of light cut across the water.

At this point, a miracle happened. The great round sun seemed to leap out of the sea and burst forth in all its glory. Then I saw something I never forgot. The shadows, at every nook and corner started to run, and like mice they scampered across the deck, seeming to jump into the sea, leaving the white ship without a shadow, sailing across the blue waters of the Atlantic toward home and hope and opportunity. Suddenly, my discouragement was gone.

3 How To Reach Your Goal

THE PRACTICE of 10 minutes a day can mean a great deal in reaching your goals in life. This daily period of prayer, meditation and devotion can have a powerful effect on the total outcome of your life experience.

During your 10 minutes:

1. Form a definite image of your goal. See it specifically and clearly.
2. Pray about your goal to be sure it is right, for as previously said, if it isn't right it is wrong and wrong never turns out right.
3. Picture yourself as attaining your goal.
4. Thank God for His guidance and help.

During this 10-minute period, if you have not already done so, form your goal succinctly, using the fewest number of words possible, writing them on a card. Then put the card in your shirt pocket, over the heart, symbolizing your emotional response and deep

desire. And hold it in consciousness firmly, with faith . . . expecting.

Commit the following statement to memory:

“An individual who is self-reliant and positive and undertakes his work with the assurance of success, magnetizes his condition. With God’s help he draws to himself the creative powers of the universe.”

Remind yourself that as long as you remain in harmony with God, ever endeavoring to be in His will, He has you on His wavelength of right action and right thinking.

I saw a man without legs in a wheelchair. But he wasn’t sad at all—or morose or negative. Indeed, he was a very positive person. And he is doing excellently well in his job.

A statement on his T-shirt struck me so forcibly that I asked him to let me copy it. Instead, he reached into his pocket and produced a card which he gave to me. I have carried it ever since. It reads:

Lord, help me to remember that nothing is going to happen to me today that You and I together can’t handle.

I have meditated on that truth so long that I believe it implicitly. Have the complete outgoing faith that is taught in the Bible. You can trust it in anything and everything.

Remember these words:

“If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove: and nothing shall be impossible unto you.”
(Matthew 17:20)

Repeat that now, as you read this booklet. Say it aloud, firmly and with faith. Believe it. Apply it. Relate to your goal.

As you meditate for 10 minutes, ask the Lord to strengthen you with the “never give up” principle. Pray and believe that He strengthens your persistence and perseverance capacity. The temptation to give up, to let go, to slacken your effort, to walk from it come frequently when things are not going too well.

So affirm as follows:

“Thank you, dear Lord, for now You are increasing my faith, strengthening my resolve, renewing my enthusiasm, helping me to hang in there, and, as the old hymn says, ‘Fight the good fight with all thy might.’”

And then remember that “might” is within you because God put it there. Finally, say:

“In Him I live and move and have my being.”

And that means victory!

It works—10 minutes a day can lead to a better way!

4 When Making Decisions

LIFE IS A series of decisions and the total outcome of life really depends upon our success in making right decisions.

What may seem at the time to be an unimportant or perhaps even insignificant decision may, ultimately, prove to be one of the most important turning points in your life. Therefore, it is good judgment never to minimize any decision. You can never be sure what it may lead to.

Every decision, great or small, should be handled prayerfully, thoughtfully, carefully. And it should always be made on the basis of the best knowledge and insights available to you.

Of course, the wisdom needed comes from the wisest intelligence of all, namely, God, in whom there is no error whatsoever. The human mind is subject to the mistake factor. But the Divine mind is never mistaken. It is always one hundred percent right. Therefore, the more completely we are in contact with the Divine

mind, the more surely we will be error free.

I knew a man, formerly decisive and successful, but whose career was being endangered because now he made “dumb” decisions and his errors showed up repeatedly in the executive position which he held in a large industrial organization. Tension had apparently thrown him mentally off balance.

This was a matter of concern to his superiors for they liked him personally. But since his judgment had become erratic and unreliable, his tenure came to be insecure. Then he had a life-changing, in-depth spiritual experience, the result of which not only enhanced his personality, but also developed in him a qualitative rightness that resulted in decisive, effective, intuitively right decision-making.

His case was an outstanding example of the fact that the spiritual life is related not only to moral perfection but also to thinking perfection.

The suggestion is that, when you are faced with the necessity of making a decision, the process should be:

1. A period of complete quietness in which you get your mind into a state ready to receive insights and illuminations.
2. Become receptive, open-minded to receive thought impulses that result in true concepts which may be turned into the solutions that lead decisively to judgments that are sound.
3. Ask God to make it clear to you what judgment is right, entirely right. For if it is not one hundred percent

right it could, therefore, be wrong and nothing that is wrong can ever turn out right.

4. This spiritual procedure gives certainty that when you make the decision there remains in your mind no hesitancy or doubt and you know for sure that you have decided rightly.

5. The 10 minutes you employ in this process should be in such depth that the power of your creative thought will be focused in such a manner as to compress all seemingly complicated factors into a conviction that eventually produces a solution.

6. Your decision may come out differently than you anticipated and perhaps something other than you may have wanted. But you and I cannot foresee the far future or the ultimate outcome as God knows it to be.

It is important, in this process of making decisions by employing 10 minutes a day, to remain in a relaxed attitude, allowing your mind to be in neutral, completely open and receptive. As you do this, impressions, intuitions and ideas will materialize. And these will be the material out of which your decisions will be correctly made.

This process may produce immediate results. But many times it doesn't and patience is required. Indeed the process may have to be repeated a good many times. Therefore, we caution you not to be impatient but to wait, wait, wait upon the Lord for He will never be hurried.

But always, in time, His wisdom, His judgments will come to the true seeker of His guidance.

5 Build Your Confidence

YOU CAN build confidence through the 10-minute-a-day process. And when you possess an adequate, realistic confidence, a better way of life is an absolute guarantee.

Without normal self confidence one can hardly be expected to achieve goals, to attain successes and meet the ordinary everyday problems of human existence. Nor will the person lacking in confidence be able to meet responsibility successfully.

Self-doubt, self-depreciation and the self put-down attitude can ultimately lead only to failure as a person and therefore to unhappiness.

In your daily 10-minute quiet period, consciously try to see yourself as God sees you. As emphasized elsewhere in this booklet, God, the Creator, never did a bad job in making anyone. But many of us, unhappily, have not done a very good job with the original material God built into us.

In your daily meditation, reflect objectively upon

yourself. List your strengths. Add up the things you do well. Then consider how you can improve. Always in your 10-minute period think of God the Creator. And even go further and think of God and you as joint partners in re-creating you out of the original, to something even better.

This re-creation concept has remarkable versatility and power in the process of self-growth, self-enhancement and self-improvement. Affirm in your quiet period something like this:

“God the Creator is now, this very moment, re-creating me. He is taking that weakness and turning it into strength. And He is remaking that element of my personality which holds me back and is transforming it into a factor which makes me go forward.

“He is taking my low view of myself, which causes my lack of confidence, and He is making me see myself as in His image, a person well able to handle any difficulty in life.”

I knew a man who wanted to be a public speaker. He really had talent and an extraordinary charm of personality, but he didn't think so. He had the ability to persuade and move people to constructive action, but he discounted himself.

As we were about to speak together before a large audience in a great hall, he confided that he was fearful of speaking and he lacked confidence. Yet he continued to want to speak and this conflict caused him, as he put

it, agony and unhappiness.

I offered a simple suggestion. He took it and it worked wonders for him. Before going on to give his talk he was to say:

1. I get myself out of my thoughts and instead think of the people to whom I will speak.

2. My purpose in speaking is to help others, not to build a reputation for myself.

3. I now send out love thoughts to the audience.

4. In the name of the Lord I command the “little me” to get out of me and the “BIG ME” that is in me to take charge of me.

5. I stand up to speak, asking God’s voice to speak through my human voice.

Long afterward, this man, who had been so deficient and self-depreciatory, stated that these five simple principles helped him to achieve a normal, healthy self-confidence.

His 10 minutes a day brought him to a better way. And these five steps have universal application and are germane to whatever your job in life may be.

Deliberately cultivate an optimistic and confident thought pattern. I know a football coach who, when his team thinks about a coming game pessimistically, employs what he calls the vacuum cleaner method on his players. By a series of questions, mixed in with positive affirmations, he “sucks the dust” out of their minds. He draws out their negative attitudes. Then

quietly, he suggests positive ideas and gives them a new concept of the facts.

His players say they feel differently after the coach has worked on them in this manner. The application of a confident attitude makes the difference. The coach's method was simply to give his team a correct assessment of the opposition, but slanted to the positive side.

So, if you feel that you are defeated and have lost confidence in your ability, make a list, not of the factors that are against you, but of those that are for you. If you think constantly of the forces that seem to be against you, you will magnify them beyond what they actually are. But if, on the contrary, you mentally visualize and affirm and reaffirm your assets and keep your thoughts fixed on them, emphasizing them to the fullest, you will be able to overcome any difficulty.

Your inner powers will come to your aid. Feelings of confidence depend upon the type of thoughts that habitually occupy your mind. Think defeat and you are bound to be defeated. Practice thinking confident thoughts and you will develop such a strong sense that, regardless of what difficulties arise, you will be able to overcome them. Basil King once said, "Be bold and mighty forces will come to your aid." The whole experience of man has proven this to be true.

Build self-confidence by meditating on such thoughts for 10 minutes a day and you will indeed make a better way!

6 When Sad

SADNESS enters everyone's life in the death of a loved one. Sometimes the experience can be shattering and devastating.

But there is a way in which peace, understanding, serenity and new contentment can be found.

It is here that the 10 minutes a day can prove most beneficial and finally result in a new and happier outlook on life.

When you devote a 10-minute period of meditation and prayer to this problem, one effective procedure is to really give your loved one back into the kindly and loving keeping of the Heavenly Father. Do not surround him or her with your own grief, but allow your dear one to enter with joy into the greater life which lies beyond this mortal existence.

Grief is, of course, natural to all of us. But perhaps a sign of our love is to allow our beloved departed to enter fully into the immortal experience unencumbered by the weight of sorrow from the mortal side.

Say to yourself, during the 10 minutes, that great line from Whittier, “. . . and love can never lose its own.” This in my judgment is one of the greatest statements ever written to lessen grief.

In the second place, to know that nothing can ever ultimately separate them from us, that love continues forever—is the consummate antidote to sadness.

I met a woman who told me that her son had died four years previously. He had been a victim of alcoholism and drugs. One night, she was awakened by her son's presence in her room. It was very clear to her that he was happy and victorious, that he was totally different from who he had been on earth as a result of his habits. He was released and free. And he said, “Mom, I'm all right. Don't cry any more.” Then the vision faded.

Isn't always, in fact it is perhaps rare, that a loved one comes back from the other side with a message. But those who have received such a message underscore the fact that those whom we have loved and lost have not really been lost to us at all.

And thirdly, in handling sadness one must grapple with a fact of life. The one who is left, after a loved one has gone on, is still the recipient of life and responsible for it, even as their loved ones were in their time. We have the precious gift of life and we must do something worthwhile with it. To give up is unworthy of our dear ones who are now living in the other world.

Your 10 minutes a day to a better way can also be used to add up and remember all the happy times and

the good days enjoyed with your dear ones who have been carried by the stream of time into the Heavenly Kingdom. Actually, life is a fabric woven on the strands of memory. All the incidents from childhood to old age are like jewels strung together, each one having its own lustre and beauty.

Go over, mentally, the happiest experiences you've ever had and practice being grateful for them. Laugh over happy times. Do not practice casting a blanket of gloom over yourself, for that is to show ingratitude for the happiness the Lord wants you to have. So, spend some of your 10 minutes a day adding to, instead of subtracting from, the joy of life.

I knew a man years ago who had a beautiful and happy marriage for over 40 years with a wonderful lady. They were two kindred, jovial, and happy individuals. They were always joking together and to hear them laughing over something that had happened to them brought joy to all their friends.

Then she died and went away. But did she go away? After awhile he told the jokes and relived the memories just as though she was still there. And the tenderness of the continuing relationship charmed everyone who knew him and had known her.

He had succeeded in naturalizing the total experience and people used to say, "Won't those two have a happy time when they get together on the other side?"

Meanwhile, he was having a happy time on this side as she would have wanted him to do.

7 How To Feel Rested

DEEP, UNSULLIED, complete rest is a requirement of vital life. In these hectic times, complete rest is at a premium. How does one really attain rest? Will a vacation provide it? Will sleep renew it? Will surcease from labor create it?

Real in-depth rest is only attainable through soul rest. It is best expressed in the words,

“Rest in the Lord, and wait patiently for him.”

(Psalm 37:7)

Once, as I sat in a shoe shining establishment in Chicago, a man came in and sat in the next chair. He was obviously tired. His head was bowed low on his chest. He slumped in his seat.

My heart went out to him in pity. He turned to me and said, “I am so very tired.” We were complete strangers, but apparently he sensed my feeling of Christian fellowship.

And then, by the grace of God, I thought of a Scripture passage and I gave it to him.

“Come unto me, all ye that labor and are heavy laden, and I will give you rest.” (Matthew 11:28)

He listened and then he said, “Thank you. That helps.” With squared shoulders and renewed vitality he left the chair and strode up Randolph Street.

In your 10 minutes a day practice spiritual rest.

Say:

“I rest in the Lord.
I wait patiently for Him.
He is now giving me rest.”

A missionary on the banks of the Ganges River in India said to a vast throng, “Oh, weary-hearted people, Jesus will give you peace and rest.”

So you say aloud to yourself:

“Peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” (John 14:27)

And again:

“Come unto me . . . and I will give you rest.”

In your 10 minutes of meditation slowly say,

“Rest. Peace and rest.
Quietness. Renewal.
Peace and rest.”

And let these healing words sink into consciousness, for rest is not superficial. It can be deeply embedded

with the soul. To truly rest, you must rest in your soul.

Once, in a hotel lobby in Calcutta, India, a man asked me to place my hands upon his head in benediction. He said, “I am so tired, so very tired. Speak rest into my soul that I may accept it in my mind and feel it in my body.”

I spoke the words: “Peace and rest in the name of Jesus.”

He rose from his knees and with a new expression in his face gave me thanks. “My soul has been refreshed in the act of spiritual brotherhood in Christ.”

I, too, by this act, felt the touch of everlasting rest.

In your 10 minutes a day practice the rest that comes from the peace of God.

Affirm:

“I am resting in the arms of the Eternal.”

“In God’s peace, I find rest for the body, mind and soul.”

“The everlasting healing presence of the eternal steals away my tension.”

“For the stress of every day, the peace that passeth understanding is mine in depth.”

“Rest in the Lord, and wait patiently for Him.”

And in so doing you will find peace and rest in your soul, in your mind, in your body.

8 Overcome Loneliness

THERE ARE various types of loneliness: lonely because of a departed loved one; scattered families; lack of friends; living in isolated areas; or just lonely even though surrounded by people.

Essentially, loneliness is a mental attitude, a psychological response to people. For example, people can become lonely because they feel that others do not understand them, so they retreat and no longer communicate. They become loners.

Shyness can produce loneliness, and gradually such a person may become a recluse, at least in part.

Whatever the reason, the lonely person may have trouble handling situations.

In applying the 10-minute-a-day principle to this problem, one thing is to pray and ask for insights on how your mental attitudes can be normalized.

For example, the person who is dependent upon a husband or a wife is like a vine clinging to a stone wall. If, by chance, the wall is removed, the vine must find

something else of a substantial nature to cling to.

Of course, that constant substantial factor is God. When you fasten your mind on the eternal you will never be forsaken, never feel lonely.

Here again, the solution depends on how strong your relationship is with the Lord. If you are fully committed and know Him in your heart, even if you were in a vast desert all by yourself, you would not feel alone.

I was in a midwest city during a local power failure that lasted for about two hours. One hotel elevator was stuck between floors. A woman's voice was heard, quietly and totally without hysteria, asking for help.

"Madam, just hold on. We will get you out, but it will take a little time. Don't be afraid."

"I'm not afraid," she said, "because I am not alone."

When, finally, they were able to get the elevator to the floor only this woman was in it. "But you said that you were not alone!"

"I wasn't," she replied. "He was with me."

The rescuer nodded, smilingly, "I understand."

The fact is that the more spiritually-minded one becomes, the less possibility there is of loneliness.

So, in your 10 minutes, visualize yourself as the Lord's friend. My friend, Arnulf Muller, was a farmer and every morning around 5:00 he would go outside in the barn lot to do his chores. He would stand looking at his fields and the hills and at his cattle and he would pray to the Lord.

"Is it all right to pray with your eyes open? I like to

talk to the Lord as you would talk to a friend.”

“Well, Arnulf,” I said, “I believe you have good authority for that, for in Exodus 33:11 it says:

“And the Lord spake unto Moses face to face, as a man speaketh unto his friend.”

So say aloud:

“My Friend. My Friend. My Friend.”

Another practical way to decrease loneliness is to realize there are other lonely people who are trying to hide the same as you. And by trying to help someone else to overcome loneliness, you will help yourself.

Again, muster up the courage to get acquainted with extroverted or outgoing people. When you do, you may take on some of their characteristics and modify or perhaps totally eliminate your shyness. Another practical way to decrease loneliness is to realize there are other lonely people who feel the same as you do. And by trying to help someone else to overcome loneliness, you will help yourself.

Your 10 minutes every day with God will give you other ideas about reducing your loneliness. And sometimes such guidance works out when least expected.

I knew an outgoing man named Andy, a fellow member of the Rotary Club. His wife adored him but, suddenly, Andy died. Then, I noticed that, on Thursdays, Mary sat in the hotel lobby outside the room where the club was meeting.

One day, after the meeting, I sat down with her and

said, “Mary, you come here every Thursday on Rotary day to feel near to Andy. Isn’t that so?”

She nodded through tears. “I am so terribly lonely. I had only him. He was all I lived for.”

“I was Andy’s friend,” I said, “and he wouldn’t want you sitting here like this. He would want you to be strong and love life and find happiness.”

It happened that I was on my way to my church, so I took her along. It was about two miles away.

“Let’s walk,” I said, “and we will walk your loneliness away.”

There was a group of women meeting at the church that day, some also suffering from loneliness. They were stuffing envelopes.

I introduced Mary to the leader, who was a happy extrovert and I said, “Put Mary next to some lonely woman. I want her to help that person.”

Mary looked startled, but she got the idea. And in time, she mastered her own loneliness.

So, in your 10 minutes a day, think about these things, act on them and you will find a better way.



9 Restore Your Energy

SOMETIMES energy runs low. Tiredness and weariness prevent effective and successful living.

To replenish energy there is nothing better than spending 10 minutes a day to spiritually get closer and closer to the Lord. Since renewal of body, mind and spirit comes from Him, your energy may be increased beyond measure.

The Bible outlines the process in these words:

“... they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”
(Isaiah 40:31)

The idea is to keep going when the going gets tough and not faint, which is another way of saying, “Don’t give up.”

The renewal of energy is part of the recreative process. The Creator gave you energy in the first place. And He can re-create it for you again.

So, I suggest that, in your 10-minute daily meditation, you personalize that energy formula with these creative affirmations.

“I am waiting on the Lord. Therefore I am now renewing my strength. I am mounting up with wings like an eagle. I can run and never grow tired. I can walk when the walking is not easy. And I shall never have to stop going.”

Continue to say:

“I thank God for this miracle of undiminished energy. I praise God for vitality that is never exhausted.”

One day, late, I was in my office at Marble Collegiate Church in NYC. It is located on Fifth Avenue in New York, one of the busiest streets in the world. I was just about to leave when my secretary came in and said, “There is a man in the outer office who says you do not know him but it is important that you see him for just a moment.”

He came in, slumped into a chair and said, “I am beat. All my energy is gone. I know that my weariness does not come from a physical condition. It is a lack of vitality in my thoughts.” This was a wise insight on his part, for lack of energy is not in the muscles but in the mind.

“Tell me about it,” I said.

He began to talk about a situation in which he had come to believe himself defeated.

“Let me read you something,” I said. And I opened the Bible and read those words from Isaiah 40:31, “They that wait upon the Lord”

“Would you pray with me?” he asked. And something motivated me to take him into the church sanctuary. The last rays of a weak winter sun flickered over the pews. Dimly, as from a great distance, the thunderous noise of the traffic was muted. “God is here,” I said. “He is the source of all energy. Draw upon Him in your thoughts.” And we both sat quietly, as I hope you will do in your daily 10 minutes.

Presently the man stood up straight, lifting his shoulders. “Thank you. I feel better now.”

As he moved toward the exit he said, “God is wonderful, isn’t He?” And he disappeared through the door.

God is the giver of life, the giver of energy, the giver of power. To prevent yourself from running down on any of these, keep in tune with God.

In your 10 minutes, as you seek renewed energy, repeat these suggested affirmations:

- 1. The life force is built into me by the Creator.**
- 2. As I return in my thoughts to God, my Creator, He is now renewing my energy.**
- 3. My thoughts are causing my lack of energy. These are now being re-energized by spiritual energy.**
- 4. I now drop out of my mind all resentment, sinfulness and negativism. I let them all go.**
- 5. The peace of God, the energy of God, is now filling my mind, my soul, and my body.**

10 Renew Your Health

TEN MINUTES A DAY has the power to renew health in the soul, in the mind, in the body.

I once knew a businesswoman who broke down as a result of stress. The doctor sent her to Daytona Beach, in the off-season. Every day, she would go to the lonely beach for her time of quietness and renewal.

She became aware that the surf had its own rhythm. Then, fascinated, she watched a blade of beach grass moving in the breeze. Counting its strokes she saw that it, too, had a rhythm.

Because part of her illness was intense anxiety, she had fallen into the habit of taking her own pulse. But now she noticed that like the surf and the beach grass it also had a rhythm.

She sat thinking about God, that all things were in rhythm and in order. Then came the thought that God is health, vitality—that He is Himself rhythm. So, meditating on the peace of God, she began to get back into the rhythm and flow of nature.

As her mind and spirit were reorganized she became well physically. Health returned.

So now, in your 10 minutes, feel the working of God in the world, in the life around you. Feel His working in your mind. Let go all anxiety, all conflict and let harmony take over. Feel the touch of the Creator on your physical body. Say:

**“He who creates also re-creates.
I am being re-created now.
The life force is filling me to overflowing.
I am well, healthy, strong.
I thank God, my Creator, my Re-creator.
Health, vigor, energy, has come to me.
Thank you. Thank you. Thank you.”**

Whatever your failings, inadequacies, or problems, apply 10 minutes a day to your need and you will see a difference. It is truly amazing what you can accomplish in only 10 minutes a day!



Please Share Your Story

We'd like to hear about how this booklet has made a positive impact in your life. Please e-mail us at outreach@guideposts.org or write us at:

Guideposts
66 East Main Street
Pawling, NY 12564
Attention: Outreach

Your story will be considered for publication in one of Guideposts' family of inspirational media. We will contact you for permission should we wish to print it.

This publication is a ministry of the Guideposts Outreach Division that distributes inspirational literature free of charge to organizations serving those in need.

Donations may be sent to the address above.

May we pray for you?

Call 1-800-204-3772 or request prayer via the Internet at: www.ourprayer.org



GUIDEPOSTS

OUR PRAYER

Reaching Out...Lifting Up

www.ourprayer.org