

A GUIDEPOSTS OUTREACH PUBLICATION

T R U S T

BELIEVE IN YOURSELF. BELIEVE IN THE FUTURE.

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 Ministries 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 their prayer requests—by mail, by phone, by e-mail (the contact information is in the back of this booklet). Every working day, Guideposts' staff and volunteers pray for these requests by name and need.

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

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INTRODUCTION

A Word About This Booklet

IT SEEMS TO ME THAT THE EVENTS OF recent years have turned many of us into worriers. We worry about future calamities and dangers. We worry about our children, our communities and our nation. Sometimes we even worry that there might be worries we haven't thought of yet.

The answer to our quandary is simple: "Depend on the Lord, trust in him, and he will take care of you." (PSALM 37:5) Throughout the ages, those who have trusted in the Lord have prevailed.

Norman Vincent Peale was fond of saying: "Thank God for your problems, rejoice in them, for you are never more alive than when, with God's help, you call on your creative power to solve them." Trusting in God to be with you as you meet the challenges of our times is your foundation for creating a

secure future for you and your loved ones. Remember: God has created you in his image, and his power is within you. This concept was the core of Norman Vincent Peale's optimism and his confidence in the future. Trust that God has given you the power to meet the challenges of our times, and you will find peace.

You'll hear more from Dr. Peale in the pages that follow—timeless wisdom for the ages, and especially our age.

God bless you.

OPTIMISM



Ask, and God will give to you. Search, and you will find. Knock, and the door will be open for you.

(MATTHEW 7:7)



Do you know why I truly believe in positive thinking? It is very simple: because our Lord does. He teaches that if you want to accomplish something, you must see a vision of your goal materializing. If you have faith, amazing things will happen to you. You must keep out of your thoughts all negativism. Instead, trust in the Lord, dwell in the positive.

Live in the way that you know in your heart that God would want you to. Give your best to your family and your work. Be honest, sincere and frugal; be conscientious, treat people right and at all times trust and believe in God. Do this and life will come to you rather than elude you. You will live abundantly.



STABILITY



God is the one who saves me; I will trust him and not be afraid.

(ISAIAH 12:2)



When I was a small boy, my brother Bob and I sometimes visited our grandparents in Lynchburg, Ohio, for a few days. One night after Grandma had put us to bed, a terrible storm came up. The wind whirled furiously around the house, and rain was hurled in great sheets against the windows. From my bed I could see a huge maple tree that I knew to be a hundred years old lashing back and forth in the fury of the storm.

Terrified, Bob and I scurried downstairs and cried out to Grandma, "The big tree! It's going to go down."

Grandma calmly bundled us up and took us out on the porch. "Isn't it great to feel the rain on your face?" she asked. "Isn't it good to get out here in the wind? God is in



the rain and the wind. Just look at that tree having a good time in the storm, yielding to it, bending one way or the other. It is playing with the storm, and it will be there for a long time to come. Now, you go to bed, boys. God is in the storm, and all storms ultimately pass.”

Grandma was right about the tree, of course, and she gave me a philosophy about storms. You are not going to be immune from life’s storms, but they pass. When they come, don’t surrender to fear. Instead, put them and yourself in God’s hands. Relax in the Lord, as the wisest of men and women always have, and wait for him to make your way smooth.



CONVICTION



So know that the Lord your God is God, the faithful God. He will keep his agreement of love for a thousand lifetimes for people who love him and obey his commands.

(DEUTERONOMY 7:9)



Never forget that you are God's creation and that, as his son or daughter, he wants the best for you. But remember, you must respect his desires for you by matching them with your own. Only with a deep desire can you attain your highest goals. If the desire to attain your goal is operating at full strength in your mind, you are moving toward achieving it.

Don't let adversity or setbacks discourage you. Let them teach you, season you, help you to find a better way, just like all those who succeed have had to do. Believe in God, believe in life, believe in yourself and in your future. That is the secret of creative living. Keep faith in yourself and in God. God didn't design you for failure. He wants the best for you.

LOVE



*Whoever does not love does not know God,
because God is love.*

(1 JOHN 4:8)



We are told that God takes note of every sparrow that falls and even numbers the hairs on our heads. The least among us is very important to God. So make sure that he is as important in your life as you are to him. Every day say aloud, "I am a child of God. God is interested in the smallest detail of my life. God loves me."

Let nothing that happens today, or has happened before, discourage you about tomorrow. The happy fact is that what has troubled you today may tomorrow work for your good. Because God loves you and is always with you, you can have confidence that if you live his way to the best of your ability and put your trust in him, nothing can defeat you.



Remember this greatest of all truths, reiterate it and reaffirm it: We are not alone. No matter how dark it gets, how lonely you feel, or how deeply you feel rejection, you are not alone. Repeat every night as you go to sleep and whenever difficulty comes: "I am not alone. God is with me. God loves me."



HARMONY



Whoever trusts the Lord will be happy.

(PROVERB 16:20)



There is such a thing in this universe as divine harmony, and we are intended to be part of it. When our priorities are right and we stop thinking about ourselves and get to loving other people, when we appreciate what a privilege it is to live and how much there is to enjoy in our lives and, above all, when we commit our way to the Lord and trust in him, then he, in wonderful ways, will bring harmony into our lives.



Most of our problems come from conditions within ourselves. We borrow trouble; we fear the unknown; we doubt our abilities. No one says you have to think this way; how you think is your choice. Instead of dwelling on your problems, try the divinely simple advice of the old hymn: "Count your blessings, name them one by one."



PRAYER



*The Lord is good, giving protection in times of trouble.
He knows who trusts in him.*

(NAHUM 1:7)



Not long after I got in his taxi, the driver recognized me and asked if I would like to hear a story of the time he met God. It was in the aftermath of World War II when he was a little boy in battle-ravaged Holland. In Rotterdam food was so scarce that people dug up tulip bulbs to eat.

“One day,” he told me, “a notice from our pastor went around saying that there would be a meeting in our church. It was the only hope we had. The big church was packed with two thousand people. There was no sermon. The pastor prayed. People prayed aloud all over the church.

“All of a sudden, I became aware that God was right there. I could feel him in my heart. I knew that he was going to take care of us poor starving people. Then we sang



some hymns and went out into the streets and back home. With a gnawing, empty stomach, I fell asleep.

“Early the next morning we were awakened by the roar of an armada of airplanes over Rotterdam, and there began a great shower of food being parachuted down to the streets. We ate, and we were saved.” The driver glanced back from his taxi’s front seat and said, “As long as I live, I will believe that God heard our prayers and, out of his great heart, he fed his children.”

And, because he is a loving God, I do believe that God answered the prayers of those 2,000 in Rotterdam. You are his child, and he takes care of his children. Return his love and trust in God with all your heart. This trust will lead you to peace in times of trouble.



PROVIDENCE



*Seek God's kingdom, and all the other things you need
will be given to you.*

(LUKE 12:31)



Here we are on this earth, a whirling island in the sky. Our lives are in the hands of Someone who directs its orbits and laws. Each day we get up and go about our affairs without giving this much thought. Implicitly we trust in God to keep our planet spinning peacefully in the universe. It follows that if you trust him in all things, he will take care of you. Whatever your circumstances, you can be sure that God watches over you. You can be confident that you are never out of his sight or his loving concern.

Don't forget to thank God for watching over you. After every journey thank him for his protecting care. Visualize your loved ones always being protected by the great hand of God. Do the best you can in your daily life and leave the outcome to God.



Confidently trust him to handle things beyond your efforts. Remember:
“The eternal God is your refuge, and underneath are the everlasting arms,”
(DEUTERONOMY 33:27).



CONSTANCY



I will be with you always, even until the end of this age.

(MATTHEW 28:20)



Thoughts of good will, trust, confidence and goodness create a spiritual calm and help you relax in the Lord. Do not make the mistake of thinking of God as far away and removed from this earth. He is with you right where you are at this very moment. The Scriptures promise that even if you “dwell in the uttermost parts of the sea” God will be with you.

John Masefield, the onetime bartender who became Poet Laureate of the British Empire, renewed himself each evening by what he called “the getting of tranquility.” He would lie down, sing a hymn or recite a few lines of poetry, then say quietly, “God is with me; God watches over me.” As you walk along on your way to lunch or an appointment, form the habit of repeating, in your own way, this same assurance.



Wherever you go, take God with you as your companion. Make God your partner in life, and you will dwell in the house of the Lord forever.



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:

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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.

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