

Voice of Triumph



Volume 9 No. 1

A publication of the

KATHRYN JOY FOSTER

MUSIC MINISTRIES

P.O. BOX 19430

CLEVELAND, OHIO 44119

"Daniel was preferred above the presidents and princes, because an excellent spirit was found in him," Dan 6: 3

ENHANCING THE QUALITY OF LIFE

To have the root of QUALITY, you must become an *enhancer*. Often a person's potential reigns in the place of bona fide skill. I often refer to a principle from Dr. Mike Murdock: "excellence is the best you can do; perfection is the best it can be done." Anything worth doing is worth doing first with error. Rid self of self-condemnation even when flaws are evident. Show mercy before judgment. Forgiveness is a predetermined choice that aligns deadly feelings with divine healing. "Freedom is not worth having if it does not include the freedom to make mistakes," Mahatma Gandhi. The goal is not to become a perfectionist. However, each time a task is done, improvement is obvious. Objectively monitor your results, so skills are refined. Subjectivity invites a tainted assessment and an avenue to quit. Be open to reinvent any part to arise to the highest caliber. Then don't give up until your expertise yields graduated apprentices. Proven gifts authorize room for delivery to the world. "Errors, like straws, upon the surface flow; he who would search for pearls must dive below," John Dryden. Experience is not the best teacher, but rather learn from others' mistakes. Be a first responder to instruction, not the threat of punishment. Poor performance can be attributed to: 1) lack of skill—you don't know how; 2) lack of will—either you don't want to know how or you know how, but don't want to do it; and 3) lost of skill due to lack/lost of will—you knew how but lost the knack. Ultimate performance is having the discipline to do something well you hate without any indication you don't like it at all. In *Over the Top*, Zig Ziglar states if you learn to do something well you do not like to do, it brings all your other skills up to a higher performance level. These four scenarios will help you to prepare well given any situation. 1) You want to do something and you can't do it well doesn't mean you will never do it well. Perfectly practice the part that lacks/lost. If you practice all the parts equally, all will most likely improve, but the part that lacks won't ever be perfect. 2) You don't like to do something doesn't mean you can't do it well. Invoke your independent will over emotions. Choice remains dominant over feelings. 3) You have been given an opportunity to do something, but do not have the skill doesn't mean you won't be able to do it well. Acquire qualifying training or mentoring to reduce the margin of error while redeeming the time. 4) You can do something well but the opportunity to do it seems to fail doesn't mean you will never be able to do it. Discover creative ways to keep your skills fresh; be apt to invest in others so succession can replace reinventing the wheel. "Preparation meets opportunities," Jan Crouch.

ENCOURAGING A SATISFACTORY LIFE

To have the fruit of SATISFACTORY, you must become an *encourager*. During the most intense moments of King David's life he encouraged himself in the Lord. Inbred is a voice of influence that motivates us when all odds are against us. Let nothing take that voice from you. I once heard that most of your unhappiness in life is due to your listening to yourself, rather than talking aloud to yourself. Don't call the dog when you want the cat. Learn to discover the joy of living. Sometimes complacency can be mistaken for contentment. Complacency does not allow living energy to thrive. It keeps you in the same dry and thirsty past/place in a fragmented condition, but never finished. It demotes so you only watch things happen to you. On the other hand, contentment repositions you for the future while maintaining a state of soundness in the present. You are not even be moved by prevailing circumstances. Contentment promotes; it keeps the supply of joy and peace flowing and faith growing to make things happen for you. Resentment of where you unseats contentment of where you could be. Don't borrow time and energy from tomorrow. Thoroughly immerse yourself in the present moment. Train yourself to have fun, even during the most trying times. Get leads from children in time-out. Somehow, they find a way to have fun anyway. Ecclesiastes 3:1,4 makes this observance: "To everything there is a season, and a time to every purpose under the heaven: a time to weep, and a time to laugh; a time to mourn, and a time to dance. Linda Durre, PhD, states, "Tears of sorrow contain neurotransmitters that contain depressants. Weeping flushes these from your system." On the other side of the spectrum, a Cleveland Clinic publication gives the benefits of laughing: reduces stress; protects the heart; boosts the immune system; kills pain; and helps with healing. The Word of God prescribes this: "A merry heart doeth good like a medicine: but a broken spirit drieth up the bones, Proverbs 17:22. If you allow mourning to outlast its season, it may lead to physical ailments. I highly recommend reading *Deadly Emotions* by Dr. Don Colbert. "Celebrate life one moment at a time. Allow yourself to laugh and smile. Both are contagious," Jon Bowen.

(216) 486-8615, ext.1, (OFFICE)

(216) 486-2727 (FAX)

kjfm@sbcglobal.net (EMAIL)

Thought for Transformation

Reframe from equating events in life with God's abundant life. While events can be life altering, they may not represent the life of God. Life does not necessarily bring favor; but the favor of God is better than life. Let's examine grief. Grief is the shadow of death. Grief is not as much as a part of life, as it is part of loss. Grief rehearses past events by using harassing thoughts. Grief seeks to replace joy with mourning to distort vision. Grief then pressures present stance with extreme heaviness. It seeks to replace praise with weights to slow pace. Grief then attempts to paralyze the future through hopelessness so you think you will never recover strength. It seeks to replace beauty with ashes. It is never satisfied until you have been humiliated to the point you stop exercising your all-encompassing faith in our exceeding-abundantly-above-all-you-can-ask-or-think God. With God's power within, never negotiate with grief. Its desire is to make you feel died inside.

Quote for Daily Distinction

Sculpting disciplines schedule quality events that yield enjoyment even when you lack fulfillment. The pain of discipline is greater than the pain of regret. If you do something better than you did it before, but it is still not good enough, don't settle for mediocrity. Average is an enemy to the quality of life.