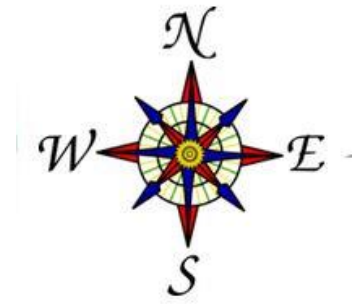


## Self-Help

In today's world, there are countless self-help books you can buy. The first book titles that appeared on my internet search revealed topics such as Getting Unstuck, Nothing Changes You Until You Do, The World According to Bob (who is a cat), Blink – The Power of Thinking Without Thinking, and Ralph Waldo Emerson's Self-Reliance. To be truthful, I haven't read any of these. My web browser explains that "growth-oriented books impart "wisdom" on topics like attaining happiness, finding purpose, career growth and building fulfilling relationships." These all sound noble, but there is a better source. God's Word directs us toward attaining happiness, purpose, and fulfilling relationships.



God directs our attention to serving Him by serving others and finding our purpose by being the person He created us to be. Internet research about self-help books says a downside of self-help books is becoming "overly dependent" on the tips in the book. It can be crushing if our attempts to change don't produce the desired results. Then, we become even more lonely and lost. The world will let you down in a heartbeat, but not God. He keeps His promises. He recognizes when you are struggling and forgives you when you fail. Instead of being dependent on worldly approval, you can depend on the Creator of the Universe, your personal Lord and Savior, Jesus Christ.

There are Christian books that help you understand how God's Word applies to life today. I saw a book titled Family Relationships – Growing Older and Wiser in my internet search. It might be helpful if based on explaining God's Word. Be careful of whom you listen to.

The world wants to be #1. Many will push you down to get what they want. There is no permanent satisfaction in worldly answers. Granted, there may be worthwhile suggestions in the self-help books, but they are all based on making you #1 instead of God. Acceptance of who you are and the commitment to help you achieve is how God operates. God knows you intimately and loves you. He wants the best for you. *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing (John 15:5).* If you listen to Him, that is as good as it gets. You will bear fruit. Trust the Lord, and do not doubt His wisdom. Then, you can have confidence from knowing you are complete in God's presence.

**The Bible Says:** *Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. (James 1:4-6).*

**Questions:** Whose Word do you trust – God's, or the world's? Where do you get your direction in life? Does it point to God?

**Dear Lord:** It is easy to focus our attention on getting approval from the world rather than aligning our lives with You, Lord. Guide us to be who you created us to be. Amen.