

Dear Friends,

Thank you for your correspondence to the Al Denson Show and for tuning in every week to our program. My prayer for you is to be encouraged in your daily walk with Christ through the words of this booklet. Our hope is that in turn you will tell others of what God is doing through our ministry to youth and parents on TV. I am convinced you will not find another program on any network anywhere that deals with issues today's youth and their parents are facing, and provides answers from a Godly perspective.

In addition, we would love for you to help us by going to our web site at www.aldenson.com. Here you can write to us, order additional material like this booklet, check out all my music, have a daily bible study, and stay up to date on the ministry. You can also send us a prayer request and questions for the TV show. But more importantly, please continue to be in prayer with us as we work together to help those that are in need.

Thanks for watching and God Bless!

Sincerely,



An Outreach of Celebration Ministries

The Al Denson Show
Box 220 Grapevine, TX 76099
Email: aldenson@aol.com
Web Site: www.aldenson.com

IS YOUR PAST YOUR

Problem?





Most artists create for only a brief moment in time. That phenomenon was once known as “15 minutes of fame”. Yet even in a fickle world, there still emerge a talented few that transcends time and trends. With nearly 15 years as a major label recording artist and seven hit

albums to his credit, Al Denson is that kind of artist.

But the attention and acclaim his artistry has brought him over the years are anything but the routine rewards of worldly success. Rather, they are the fruits of a life of purpose and passion, and a mission that has always reached far beyond merely making music.

The millions of young people Al has performed for, befriended, counseled, consoled and clowned around with in his career already know that. And thousands more are finding out every day.

This past year has seen Al expand his efforts to a global audience through the reach of his daily syndicated television production, “The Al Denson Show.” “You’ve got to reach out to people where they are with the most powerful means and this form of media allows you to build trust and a rapport,” says Al. “This has all been so amazing. I can’t imagine what lies in store when the Lord finally calls me home, but I don’t have to wait for heaven to receive rewards. I get them every time a kid comes up to me and says, ‘I heard what you said, and I accepted Christ.’ You can’t ask for anything more or better than that.”

Write Al at: Box 220 Grapevine, TX 76099
Email: aldenson@aol.com Web Site: www.aldenson.com

Is YOUR PAST YOUR PROBLEM?

The world has four measuring sticks for success: beauty, brains, brawn, and bucks. According to secular society, if you don’t have at least one of these four, you are a loser. But, God has a very different measuring stick for success, it is called “Christlikeness” and the characteristics of the Christ-life are love, which the Bible says manifests itself with joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. This kind of Christ-life is a life of freedom. But sadly, there are many Christians who know nothing of this freedom because they have allowed themselves to be imprisoned by their past.

For these Christians the words found in Philippians 3:13: “Forget what is behind,” and in Isaiah 43:18: “Forget the former things, do not dwell on the past,” seem all but impossible. These are Christians who genuinely want to run their race for Christ well, but continually stumble and fall because they are trying to run the race backwards, or looking back over their shoulder. If you are one of these Christians who has been unable to get over the hurts and disappointments from your past, you are being held a prisoner. But your problem is not your past—your problem is the lies you have believed that have kept you chained to your past.

Whenever you allow a lie to chain you to a point in time, the past becomes a prison. If you are a Christian who has been imprisoned and paralyzed by your past, you need to know that Jesus offers you the promise of hope today. He said in John 8:32, “...the truth will set you free.” The lies you have believed must be replaced with the truth if you are going to truly be free to live the abundant life Christ died to give you. There are five lies that can bind you, and you must confront and reject them in order to leave the past behind.

Whenever you allow a lie to chain you to a point in time, the past becomes a prison.

~ The Lies ~

1. Guilt.

Guilt can drain you physically, spiritually, mentally, and emotionally. The lie it tells is a strong chain that can keep you in bondage a lifetime. One reason it has so much power is that society today says that your feelings should be the barometer for truth in your life. In other words, if you feel a certain way then it must be true. The lie is this: “If something “feels” good, then it must be good, or if something “feels” bad, then it must be bad.” In this case, “I feel guilty, therefore I am guilty.” You judge how guilty you are by how guilty you feel.

But feelings are a faulty barometer for reality. Too many times, you feel guilty when, based on what the Bible says, you aren't guilty at all. In any given week, and sometimes even on any given day, you will experience a wide variety of emotions. When things are going well, you can experience great happiness and contentment. But when things take a turn for the worse, your emotions can plunge you into doubt, frustration, fear, and anger.

As your feelings change, the way you feel about your relationship with God can change, too. That is no way to determine your guilt or innocence before a holy God. If you still feel guilty after you have confessed your sin to God, then you are experiencing "false guilt." Many times this false guilt can occur when you violate your own standards, when you don't live up to cultural or family expectations, when you unintentionally cause others harm, or when you can't "fix" the suffering of others.

The scripture promises, if you are saved, God's acceptance of you is not based on what you do or don't do, but on His unconditional love and the price that Jesus paid on the cross to redeem you. Still, when you buy into guilt's lie, it will seem more natural to feel condemned and unworthy, instead of forgiven and loved by God. As a result, you will live your life everyday feeling guilty, afraid, and condemned. This is a very serious issue, because when your sense of guilt becomes overwhelming, it will turn to shame.

In other words, in your own mind, you move from being a person who does bad things, to being a person who is bad. Shame is the painful sense that you lack value as a person. It is the belief that you are defective, worthless, and unlovable. It is not simply that something is wrong with your behavior, it is that something is wrong with you as a person. Shame is a terrible lie because it says, "You are what you are and you cannot change." Shame will cause you to believe your past failures have permanently scarred you and that life will always be as it is at this very moment. Whenever you have had, what you consider to be too many failures in your life, even if many of these were out of your control, you begin to expect only failure in the future.

The only way to cope with your emotional pain is to lower your expectations. You make decisions which avoid risks and keep you from

further failure. You then get locked into the feeling that you can never change. At that point, you usually begin to look around and compare yourself to others who you feel are more successful. As a result, you begin to feel more ashamed that you have not measured up, and you believe that the way you are has kept you from being successful.

God's solution for the lies of guilt and shame is called "regeneration." Regeneration is a supernatural work of God that literally made

you brand new the second you trusted Christ as Savior. II Corinthians 5:17 says, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" Regeneration is not something that you can do for yourself to "clean-up your act" or improve your life. Regeneration is something that only God can do and is the beginning of a completely new life in Christ. It simply means that who you were and what you did in the past, are gone forever.

Shame will cause you to believe your past failures have permanently scarred you and that life will always be as it is at this very moment.



Titus 3:4-7 says, "...but when the kindness and love of God our Savior appeared, He saved us, not because of righteous things that we have done, but because of His mercy. He saved us through the washing of rebirth, and renewal by the Holy Spirit, whom He poured out on us generously through Jesus Christ, our Savior, so that having been justified by His grace, we might become heirs having the hope of eternal life." You see, your regeneration in Christ is complete and perfect and if you have been saved—God has made you new. He accepts you completely based on your new life in Christ.

Regeneration means God has made you a new person. When He looks at you all He sees is the new you: totally forgiven, unconditionally loved and accepted, fully approved and pleasing, complete in Christ, and the righteousness of Christ. So, there is no reason to allow guilt or shame today to keep you in bondage to the sin and failure of yesterday.

2. Blame.

This lie says, "Someone has to pay." Perhaps you, like most people, have been programmed since childhood to make sure that someone pays

for all failures and mistakes. That kind of thinking causes you to believe the second lie that says, "The only way to be worthy of love is to be perfect, so the only way to be perfect is to be right all the time and never fail."

This is a lie that says that your worth as an individual is determined by two things—not ever failing, and the approval of other people. The problem with this is, no matter how perfect you try to be or how many people like you, you will fail at some time or the other, and there will always be some people who don't like you. If you are caught up in the blame game, you are going to feel worthless when you haven't perform well or when someone hasn't approved of you. These feelings of worthlessness will severely damage your self-esteem. Loss of self-esteem is the most painful thing that can occur in your life, so you will usually do whatever you can to deny, or at least minimize, your failures and mistakes. This is done by blaming someone else—looking for someone else who can take the spotlight off of your mistakes and failures.

There is a third lie involved in the blame game that says, "Those who do fail are unworthy of

love and deserve to be punished." This lie causes you to love people conditionally. "If you perform well, especially if you make me look good, then you are worthy of my love and respect. But if you don't perform well or make me look bad, you don't deserve my love or respect." When the people you depend on to make you successful don't live up to your expectations, then you believe your success is being threatened by their failure, so you react by blaming them. You think somehow through blaming others you won't look so bad, and you can somehow protect your fragile sense of self-worth.

Self-pity always goes hand-in-hand with blame and will always tempt you to compare your life to people who have more of what you want and

not less. Self-pity says, "You've had it so much harder than anyone else. If you had their money, or the breaks they have had in life, things would have been different for you, too." When you believe the lie self-pity tells you, you become a master at making excuses. You will automatically think everyone else has it so good—that everything is wonderful and perfect for them. When you take the attitude that "they have it all and I have nothing," you discount all the good in your life. You get a warped perspective of your life and of all the blessings God has given you today. Self-pity is a very dangerous consequence of the blame game, because it has the ability to take everything which is good in your life and destroy it.

Self-pity is a very dangerous consequence of the blame game, because it has the ability to take everything which is good in your life and destroy it.

When you aren't willing to trust God, ...

Self-pity will eventually cause you to be so hurt or angry with God that you won't trust Him. When you aren't willing to trust God, you will miss the will of God for your life. Self-pity also causes you to be disappointed with the opportunities God does give you and where you are in life. When you are constantly blaming your past for where you aren't, you can't enjoy where you are. Self-pity will keep you chained to your past and cause you to miss the blessings of today.

If you believe the blame game's lie that says, "Those who fail are unworthy of love and deserve to be punished," you will also believe that even if you are a Christian, God sees you as unworthy and deserving of punishment. If you believe this, you will become angry at God because you think that there is no way you can ever please Him. You will begin to blame God because you will think He is expecting too much of you, and you will eventually become convinced that God is cruel and unfair. If you believe that God is angry with you, or disappointed in you, you will always live in fear of His punishing you.

But, the truth is that God looks at your failures in a completely different way. The Bible

says God understands your weaknesses and loves you in spite of them. So, there is no reason to allow blame to bind you. All of your blame, your sins, and failures have been paid for. Jesus took them so you wouldn't have to. God no longer blames you if you have been saved, so there is no reason for you to blame others either! You can live in freedom because your sense of self-worth no longer comes from the approval of others, or from never making a mistake. Blame is a liar that says, "Someone must pay!" But the truth can set you free from blaming others, yourself, and even God. When your self-worth is based on God's love and acceptance, you understand that no one else needs to pay because Jesus has already paid it all. There is no need to allow blame to chain you to the hurts and failures of your past.

3. Bitterness.

Bitterness is a lie that says, "Life should be fair!" Chuck Swindoll says, "There is something in each one of us that longs for circumstances to be fair...maybe that's why fairy tales are so appealing. Good people receive their rewards and 'live happily ever after.' Life works out, justice is done, and fairness reigns supreme. Unfortunately, real life doesn't usually turn out

that way...fairness is rare...life is difficult." Your response to the unfairness of life will be based on the perspective you choose—your own or God's.

If you choose your own perspective regarding the unfairness of life, you may get even, but you won't get peace. The relief you feel may last a short while, but you won't have any real, lasting satisfaction. Your perspective will make you cynical, hostile, and bitter. Bitterness is a liar who will actually poison

you with its deadly fruits—fruits like resentment, hostility, anger, rage, depression, spiritual doubts, the inability to love and be loved, to pray and live a consistent life, physical problems, and emotional disorders. If your life is characterized by difficulties and problems that you can't explain, it could be because you have believed the lie that of bitterness that says, "Life is supposed to be fair!"

...you will miss
the will
of God
for your
life.



The temptation to give into bitterness can be very strong if you have had:

- parents who hurt you when you were growing up
- brothers and sisters who failed you or let you down when you needed them
- a boyfriend or girlfriend who rejected you
- a friend who betrayed you
- a business partner who cheated you
- a husband or wife who abandoned you
- children who have disappointed you

They owe you a debt, don't they? These people owe you love, acceptance, approval, loyalty, and security. So now, because life has not been fair, you have to make all the people who have hurt you pay the debt they owe you. "How can I collect from them?" you ask yourself. "I know, I'll punish them by not forgiving them!" Unforgiveness can quickly turn to bitterness, and when you become bitter, it will make you extremely vulnerable to unwise decision making and destructive patterns of living. The poison you will carry around inside every day will damage your emotions, thoughts, and memories, and this will negatively affect everything in your life. Many professionals say that as many as 80% of all physical problems and 70% of all emotional problems are caused by bitterness.

You may have attempted to even the score by using unforgiveness to punish those who have hurt or disappointed you, in reality, the only one who gets punished, is you. There is only one alternative to bitterness and that is forgiveness. Over and over again in scripture, Christians are commanded to forgive as they have been forgiven. Colossians 3:13 says, "Bear with each other and FORGIVE whatever grievances you may have against one another. Forgive as God forgave you." This is the grace of God—getting what you don't deserve. Grace is about God releasing you from the consequences of your sin, but grace isn't about God overlooking your sin. God is holy, and, because of His holiness, He can't just ignore sin. Someone had to be accountable. Someone had to pay the sin debt. Jesus Christ chose to assume the obligation for your sin.

This truth can be illustrated like this: When you became a Christian, not only did God place your sins upon Christ, but He took the righteousness of Christ and credited your spiritual bank account, which was seriously overdrawn. Imagine that Jesus had an account with a million dollars in it. When you got saved, God took your name off of your overdrawn account and put Jesus' name on your account. At the same

time, He put your name on Jesus account! Now all the resources of Jesus belong to you, and Jesus is totally responsible for the debt you owed—that is grace!

The common misconceptions about forgiveness can keep you a prisoner of your past, so here are the truths about forgiveness that can help set you free:

A. Forgiveness is not denying, excusing, or minimizing what happened. It is being honest and objective about the offense, the pain, and the consequences caused by the offender.

B. Forgiveness has nothing to do with how you feel. It is a decision you make with an act of your will.

C. Forgiveness is not something you do for the person who has offended you. It is something you do for your own good. Choosing not to forgive is like eating that poison fruit and expecting someone else to die.

D. Forgiveness is giving an undeserved pardon and an undeserved release. Forgiveness is the releasing of an obligation. Of course, the only ones in need of forgiveness are those who owe a debt, so forgiveness would have to be, by definition, only for the undeserving. If you think forgiveness is only for those who ask for your forgiveness or deserve your forgiveness, then you don't understand forgiveness at all.

Forgiveness is not something you do for the person who has offended you.

It is something you do for your own good.

E. Forgiveness is not letting the offender off the hook. Forgiveness is acknowledging what was done is wrong and inexcusable but choosing to show someone else the same kind of forgiveness God showed us, which is unconditional and complete. You don't deserve it and God provided it before you ever asked for it or even knew you needed it.

F. Forgiveness will be a struggle if you mistakenly believe there's some type of payment you can get from the one who has offended you, that will compensate for your loss. Gandhi made an observation once that the rule of "an eye for an eye, a tooth for a tooth cannot sustain itself forever. Ultimately, both parties end up blind and toothless."

Jesus offered a better solution when in Matthew 5:38-39 He said, "You have heard that it was said, 'An eye for an eye, and a tooth for a tooth.' But I say to you, do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also." Jesus understood that forgiveness is sometimes the only way to break the endless cycle of hurt and unfairness, and forgiveness is simply surrendering your right to hurt someone else because they have hurt you.

G. Forgiveness can be a problem if you mistakenly believe a person must be repentant before you can offer to forgive them, but that is not true, and not scriptural. You must understand there is a difference between receiving forgiveness and granting forgiveness. Of course, personal repentance is required before you can accept someone's forgiveness when you are the offender, but repentance has nothing to do with granting forgiveness to your offender. God forgave you "while we were yet still sinners," the Bible says. God granted you His forgiveness before you ever asked for it or were even aware you need it.

H. Forgiveness does not automatically free the offender from the consequences of his actions. You can release the offender from any personal obligation toward you, but you do not have the power to release the offender from the consequences of those actions. When God forgives, He removes the eternal consequences of sin but not necessarily the temporal consequences of the action.

I. Forgiveness is not forgetting about the offense. Forgiving as God forgives is to be your example, but this is one aspect of forgiveness

where you are different. The Bible says in verses like Jeremiah 31:34 that when God forgave your sin, He forgot about it. This doesn't mean He gets a case of "holy amnesia." It simply means He put your sin "as far as the east is from the west" (Psalm 103:12) and He chooses not to remember it. But for humans, there is a difference between forgiving and forgetting. Forgetting is a function of the brain, forgiveness is a function of the spirit. Forgetting an offense

is not possible. It takes time, but eventually you will find your decision to forgive has taken the "sting" out of the memory for you.

Choosing not to grant forgiveness will chain you to the past, the offense, and the offender. You can never be free of reliving the offense over and over again, no matter how hard you try. It is like being confined to a small prison cell with the very person who has hurt you. This prison is of your own making and you are not only the prisoner, you are the jailer, as well.

Forgetting is a function of the brain, forgiveness is a function of the spirit.

Granting forgiveness provides a way to be "unshackled" from your offender. When you choose to release your offender from any obligation to you, you can walk out of your prison cell and move on with your life. Lewis Smedes said, "The first and often the only person to be healed by forgiveness is the person who does the forgiveness. When we genuinely forgive, we set a prisoner free and then discover that the prisoner we set free was us."

Every time you are offended, no matter how small the offense or how horrific, you come to a fork in the road of your life and you must decide which way you are going to go. There are only two roads from which to choose. One road is named "better" and the other road is named "bitter." The choice is always yours. Circumstances in your life really have nothing to do with getting over your personal history. Every major difficulty you face in life is a fork in the road. You choose which road you will head down, toward breakdown or breakthrough.

4. Unresolved Anger

Unresolved anger is a lie that says, “You have a right to stay angry.” Unresolved anger will keep you chained to the past because it blinds you to the truth about yourself and about the real issues in your life. There is nothing more stressful than being an angry person. A sign that you may have a problem with unresolved anger is that you have one or more issues in your life which never seem to get resolved. These are issues that shouldn’t call for heated feelings, but always seem to provoke an angry outburst.

If your reaction, is sometimes, or most times, an over-reaction which is out of proportion to the problem—be warned: There is unresolved anger beneath the surface of your life. If unresolved anger is a problem for you, you may simply be reacting to:

- Someone or something in the present that has triggered a memory of
- Someone or something in your past that caused you pain.

And you are probably not even making the connection. Most of the unresolved anger in

your life predates your present relationships. It is old anger left over from childhood or adolescence. Unresolved anger has a way of freezing your emotional maturity level near where it was when the hurtful offense occurred. For example, say your parents divorced when you were twelve and you never dealt with that offense or the anger, so you got stuck on the emotional level of a twelve-year-old.

Chronologically and physically you may be an adult but you have the heart of a wounded twelve-year-old, so you act and react like a twelve-year-old. When something bad happens anger is not the feeling you experience first.

Anger is born out of fear, frustration, hurt, or some combination of the three. When you really dissect anger, it is about unfulfilled expectations:

- Not receiving what you expected to receive from other people or from life, so you get frustrated.
- Not hearing the words or receiving the actions you expected to hear or receive, so you get hurt.

- When you expect something bad to happen, you get fearful. You don’t like being fearful because it makes you feel out of control, so you get angry. Anger then becomes a way to try and regain control and cope with your fears.

Unresolved anger can have many serious consequences, such as:

A. Relational problems. It doesn’t allow you to let people get close to you and it blocks your ability to give and receive love. Proverbs 22:24 warns not to even be friends with a “hot-tempered man.”

B. Distancing you from God. God wants to have an intimate, personal relationship with you,

but intimacy with God will be hard for you to accept because anger darkens and hardens your heart.

C. Little self-control. You will tend to have an addictive personality. The greater the pain you carry inside, the greater the temptation will be to engage in addictive behaviors like drugs, alcohol, sex, food, and work.

D. Physical problems. Backaches, headaches, and neck pain, as well as ulcers, stomach and digestive problems, and heart disease because unresolved anger is like a videotape of past offenses which keeps playing over and over in your mind. Every time that old tape plays it will do incredible damage to you.

Unresolved anger has a way of freezing your emotional maturity level near where it was when the hurtful offense occurred.

Fear of change is sometimes really just ...

You need to understand that anger can take many forms. It is not always the aggressive, explosive kind most people think of. You can be passive, sarcastic, or detached, but still be very angry. Dr. David Moore points out three important things the Bible says about anger:

- **Anger is Futile.** James 1:20 says that the anger of man doesn't bring about the righteous life God desires. In other words, nothing good comes from anger.
- **Anger is Foolish.** Proverbs 29:11 says that an angry man is a fool. This is the same word the Bible uses in Psalm 53:1 when it says, "A fool says in his heart there is no God." So when you allow anger to control you, you are living like there is no God.
- **Anger is Forbidden.** There are 3 words used in the New Testament for anger and all 3 are forbidden in the Bible (Ephesians 4:31 and Colossians 3:8 are examples). So using the excuse, "That's just the way I am," is meaningless to God.

This doesn't mean that anger is a sin. In Ephesians 4:26 says, "In your anger do not sin. Do not let the sun go down while you are still angry." God is saying that there are some things over which it is O.K. to get angry—it just isn't O.K. to stay there. If you have unresolved anger in your life, then admit it and get some help. Anger doesn't have to chain you to the past.

5. Fear of Change

Fear of change is a very convincing lie that has the power to chain you to your past. This lie says, "Change will be a bad thing." Perhaps you have bought into this lie because you, like most people, find comfort, security, and a measure of control in the familiar, even if the familiar is lousy. Foolish, you say? Maybe, but it is still true. It is extremely easy to allow this lie to convince you that where you are may not be the best place to be, but it is the safest place to be because it is familiar. Fear of change is sometimes really just an excuse not to "do life." There is a perfect illustration of this in John 5:1-9.

Imagine this scene: A beautiful pool with large marble columns. There are sick people with

every kind of illness sitting and lying around beside the pool. Some have been there for years because they all believe that periodically, an angel comes and stirs the waters, and when that happens the first person in the pool will be healed.

There is a crippled man by the pool who had been an invalid for 38 years. For some reason Jesus picked him out of the crowd that day and walked straight over to him. Jesus asked the man a strange but important question, "Do you want to get well?" Instead of saying, yes, the man made an excuse. Jesus ignored the excuse and said, "Get up! Pick up your mat and walk." At once the man was healed and did just as Jesus instructed him to do.

You may wonder why the man didn't immediately answer Jesus by saying, "Yes, I do want to get well. I don't want to live this way any longer, I want to be different." The truth is that the man had probably become very comfortable settling for the life he had. After all, the pool was familiar territory. All the other sick people that went to the pool every day were his friends. He probably liked being around them because as long as he could focus on them, he didn't feel so bad about himself. Besides, being crippled also gave him an excuse not to have any responsibility or to "do life" like other people.

... an excuse
not to
"DO
LIFE."

You may be a lot like that man. You can become so comfortable with the way you are and how you live, that change is actually frightening to you. Jesus is saying the same thing to you today He said to the crippled man by the pool, "Do you want to be different?" Get up! Don't stay where you are, or how you are. Don't believe the lies any longer. Leave the past behind. The fact was that the crippled man was healed that day, whether he believed it or not. He then had a choice to make: Accept what Jesus said as truth and begin to act like it was true, or allow the fear of change to keep him crippled and chained to his past. You have the same choice.

This booklet has been written to encourage you to take off the chains that have kept you a prisoner of your past. If you have been imprisoned for quite some time, you may need the help of a professional Christian counselor to show you how to do this. Please make the decision now to do whatever it takes to be free. God is offering you a new way of life and the hope you need to begin again.

Do you remember when Peter failed so miserably, after publicly declaring his undying loyalty and commitment to Jesus? Oh, Peter had failed before but this was different. This seemed so final and all his hope was gone. There was no reason for him to go on, no reason to believe things could ever be any different. That was Friday.

But, on Easter Sunday morning, Jesus was resurrected from the dead and in Mark 16 Jesus delivered a special message to Peter through an angel. Verses 6 and 7 say, "Don't be alarmed," the angel said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him. But go, tell His disciples and Peter..." And Peter.

Imagine, Peter had forsaken Jesus in His darkest hour, yet the first concern of the risen Savior was that Peter be given hope at a time

when he had none. It may be Friday in your life, but there is a Sunday in your future. Jesus is offering you the same gift of hope He gave Peter. The choice is yours. Dr. John Maxwell says, "Who I am today is a result of the choices I made yesterday. Tomorrow I will become what I choose today. Remember, no matter what a man's past, his future is spotless."

**Tomorrow I
will become what I choose
TODAY.**