

PRESS RELEASE



WHEN YOU FALL "RISE" YOU CAN "RISE" YES YOU CAN

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Have you ever done something that just made you want to slap yourself? I mean, not just that "one time" you did what you did and swore you would never do it again. But, we're talking about you having "Fallen Down" over the same thing in the same place time after time after time after time again! If so, you are not alone. You are not alone in not having heeded the warnings of making that imprudent investment, committing to that relationship, trusting that friend, and it goes on. Most, if not all of us, have fallen down in life, love, and/or with the Lord, only to find ourselves in a similar situation no sooner than we brushed the dust from our clothes well enough. This is a message of Hope, Love and Help to those who want to say enough is enough, I don't have no magic fairy sprinkled gold dust as to how to "RISE" but what I do have is the power of God and the aid of the holy spirit to give direction and knowledge as to how to "RISE" every time you fall, and to help you from falling. A prerequisite to living is going through the valleys in order to arrive at a greater space of appreciation, allowing you the ability to reflect upon the clumsy steps you may have stumbled upon to get there. However, what I will assert is that it is, in fact, possible to convert those "mistakes" into MIRACLES; to be able to "RISE" in wisdom, knowledge, understanding, applicability, Faith, Hope, Love and other tools necessary to be a more effective YOU, anytime you Fall Down. During the multiplicity of times that I have "Fallen" scraped my knees, got dirt in my mouth, and skinned my hands in the process, it was in many specific area that I realized I needed to "RISE" and get up. I want to pass one of those areas of understanding onto you and assist you in being able to get "air" under your feet so that you can "RISE" and land on top of anything future-forward that you fall in.

"We cannot solve our problems with the same thinking we used when we created them."

The first step to "RISE" when you fall down:

THE WAY YOU THINK IS EVERYTHING; How you think is everything. Not some things, half of things, or even 99.9% of things. How you think is everything!! The perspective we have, the thoughts we speak to ourselves, will determine the quality of our lives. If you were to reflect back over the times when you've fallen down in life, I believe that what helped you eventually "RISE" were the internal voice that was within yourself. Your thought process is so critical to how strong your life pulsates, The Bible reminds us: "As a man/woman thinks in his/her heart is what he/she becomes". You are actually transformed into whatever it is you conjure. Of course, if you think you are a Mercedes Benz, it will be impossible to wax and cruise in you on Sunday morning. What I mean is, you will act out in ways that correlate to the thoughts you produce. Look at professional athletes. Most, if not all of them, will tell you that when they were kids, as they swung at base balls, raced their friends down the black, shot free throws in milk crates, or did summersaults in the grass; they thought about being their favorite player, they imagined themselves being "in the game", and eventually becoming who we know them to be on today.

Consider something else: have you ever heard the term "frame of mind"? What do you usually frame? Pictures. Most of us try and frame the most flattering images of ourselves we have. Rarely do you go to someone's house and see an image of him/her bent over the toilet vomiting from the last nightshang over. Why? because you don't necessarily want to be "framed" in that light; you don't want others to presume your life is isolated within that specific framework. Similarly, the

mental pictures you frame display your attitude character, etc. You will act, react, and respond to based on what your thoughts produce.

In my life I have fallen time after time, however once I discovered these truths I no longer fall to the devil tricks, I now know how to "RISE" and that is why I am sharing this message of hope with you on today because you can "RISE" but the only way you can "RISE" you must change the way you think. There is something in the mind of every individual whose life is diminished by whatever your struggle may be and that thing keeps you down but I got good news for you my brother, my sister, YOU can "RISE".

I know your still aren't completely sold on the how you think is everything concept, on this being a principle to help you to "RISE" out of your mess, out of your sickness, out of your bondage, out of your financial dilemma, out of your family problems, but I have stopped by to tell you that you can "RISE" out of whatever it is that has you down. Allow me to hammer this deeper, lest you believe something that works for some and not for you.

At some point in life, I presume you've made a New Year's resolution. The purpose of the resolution was to improve the quality of your life from the status quo; you wanted to be as the Bible challenges "forward from a year ago 2 Corinthians 8:10, January 1st provides a fresh start, an opportunity to reset the mileage on the odometer to zeros; Newyear's Day is the adult equivalent to a "do over" you were able to invoke when playing a game as a kid. You get to lose the weight you didn't keep off the year before; you get to cut off relationship(s) which held you back; you get to discard habits you've been holding onto. But I have a news flash for YOU: resolve doesn't come through the magic of midnight on January 1st. A New Year's fairy doesn't sprinkle hocus-pocus dust on the hands of the clock and -poof!- there's a 5.0 version of you. Resolve comes through your thinking.

You reframe your mind to accomplish more, tolerate less expect a difference, and keep on keeping on. How you think is everything. "Everything" you have ever done began with a thought that produced action. Every time you have everfell in whatever the dilemma or circumstance, how you thought about staying down or getting up contributed to the outcome. Conversely, every time you found yourself in an otherwise avoidable situation, your best thinking got you there. (Maybe I should repeat that so it really penetrates.) Every time you did something purr-dee stupid (as my mother world say), it was your best thinking at the moment which you fell down. Whether it was that "one time", those few seconds -oops, sorry, fellas - I meant few hours, those "oohs" and "ahhs" produced a pregnancy or an STD, HIV/AIDS; driving under the influence caused a wreck; hanging out nearly got you killed; or cheating cost the relationship, the best picture of that instance you could imagine was what got put on display for others to see. #GODGROWTH: Your thinking will either cause you to sink...or provoke you to sail.

Even though I only play a surgeon from the pulpit, I'm wondering if you'll allow me to perform neurosurgery on the following points in order to rewire some of your thinking. This will increase the heights of your "RISE UP" the next time you fall down. I promise it will be painless. Deal? Great (All I need you to do is initial a no-fault disclaimer...sign a malpractice waiver, and...uh...a non-disclosure form...Excellent, let's get to work!!!). You must think about your thinking, in the psychology world, we call this "metecognition."

As a pastor dealing with those who have substance abuse issues, one of the first points I challenge individuals who want to "RISE UP" in recovery from the Fall of addiction with is this very one - what your thought process like? There are those who see opposition with every opportunity they get, so they get frustrated and quit. And there are those who seeopportunity with every opposition they encounter, so they grow more resilient and persevere. The interpretation of both makes the underlining difference, but actually understanding why you interpret them as such is just as vital. When you think about your thinking, you are simply tracing the motives that situate you in a particular frame of mind. Take me, for instance, not being to fond of cats. I've grown better but there was a time I was very uncomfortable being around them; thought they

were sneaky and stealthy and absolutely not to be trusted. What inspired that thinking was an incident I had when I was five with a friend's cat who scratched me as I slept. There is nothing wrong with cats per se, just how I thought about them. It won't until I traced those fears through thinking about them that I was able to realize such.

Consider the drug addict who, when he/she thinks about his/her thinking, realizes he/she is chasing the elusive initial high with every subsequent hit. Think about if the reason you have true issues is because of some unresolved conflict with a parent or disappointing romantic love. Question the reason you may or may not hold a particular perspective when it comes to specific things, especially those that cause you to fall flat on your face as you are trying to move forward. You have to clean your mind, after you've cleaned a fish, would you wrap up the insides of it in a newspaper, toss it in the kitchen trash can, and then not empty it out for a week? Of course not!!! Why? Because it would smell to high heaven something terrible.

We'll I'm sorry to interrupt your regularly scheduled program for this breaking news flash, but what you get when you don't clean out your mind called stinking thinking! The negative experiences in life, which have wrapped up your memories, are the fish insides disposed of improperly. A major reason you may not be able to "RISE Up" higher than where you fell down is because your mind is choc-full of trash that needs to be emptied; the stink permeating from your attitude, perspective, work ethic, etc., could be repelling assistance from getting too close. Not only must you think about your thinking and clean out your mind from the things that are not of God, You must Interpret things on a case-by case basis with the aid of the Holy Spirit. We can be our very own worst enemies at times by generalizing all things as one. One or a few instance(s) of infidelity could seduce you into thinking all (wo)men are the same. Betrayal when you were in high school by your best friend could now prevent you from getting closer to people who want to foster more meaningful friendships. Try and disallow other unrelated incidents to interfere with the challenge at hand. Every White person doesn't want to hold a Black or Brown person down. No different then when every Black guy walks by someone White is he going to rob him. It may have happened a time or two, but it's not an every-encounter situation.

There are encounters you will have which may be isolated incidents that should be taken as such. Everyone isn't necessarily out to "get" you; there are some people, who can be trusted, some people who can be counted on, some people who don't have an angle by showing you love, care, and affection. You must let go so you can grow. This involves discarding dysfunctionality that you think is normal, but is really arresting your development, and stunting your growth. Just because your father, uncle(s), cousin(s), and friend(s) were/are criminals, doesn't issue a license for you to be one. Even though teenage pregnancies are the norm in your family, doesn't mean it's no problem for you to run with the notion. In many instances in our lives we are exposed to wrong for so long and see it practiced without compunction, we tell ourselves it is right to perpetuate those delinquencies. But I stopped by under the power and anointing of the Holy Ghost that the devil is a liar and deceiver, and I rebuke that devil and his hold on the life of those who trust and believe and I say you can let go, you can grow. "Reverse The Curse". You must accentuate the positive, "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of god report; if there be any virtue, and if there be any praise, think on these things." Philippians 4: 8-9. As consciously as possible, we should train our thoughts by allowing the Holy Spirit to guild our thoughts and focus on the positive; to see the opportunity that exists in opposition, rather than the opposition that exists in opportunity. If not, we can make what we fall down over or into far worse than what it is.

The children of Israel extended what was scheduled to be about an eleven-day sojourn through the wilderness into forty years because, in major part, they wouldn't accentuate the positive and profusely complained, highlighting the negative (as if anything could be worse than 400 years of oppression). The fact that you still have life and a functioning mind should be enough of a positive to rebound a "RISE UP" from where you are currently in your fallen state. If you need more motivation that that, visit the nearest cemetery and read the head stones on each grave of those who wish for another chance at what you may be negatively viewing. Everyone has bad days, discouraging moments, frustrating times, discouraging

episodes, but we don't have to remain situated whatever-the-case-is longer than what's necessary and allow it to become our life's canvas. Don't ever expect to change a situation with the same mind that created it.

This third point is a loose definition of insanity, which means doing the same thing and expecting different results. Let's say adultery caused you to fall down and reconciliation isn't on the table. It would be next to impossible to "RISE UP" if you are absolute about continuing the affair, yet want to salvage the marriage! Or, if drugs are the vice and sobriety is the desired change, it's preposterous to think recovery can occur if you keep using. You reap what you sow it's an imperishable law of nature. If you keep thinking the way you do, you'll keep getting what you have. Mentally, you are going to have to return to the drawing board and re-draft a different blueprint for a better outcome of the situation. That is why the Bible says "Be ye transformed {changed} by the renewing {making effective} of your mind {thinking/perspective}." Romans 12:2 So God is suggesting a different outcome in your life won't happen until you change your thinking, then maybe you should pay particular attention. Sometimes we want to change a situation, but in all actuality, the situation is meant to change us.

I knew a woman who four times divorced, not to mention the plurality of interim relationships that failed. In searching for some of the contributors that dissolved all of those relationships like a cracker in boiling water, she refused to acknowledge any role she played, expected the "next man" to be un-questioning about her past while unchanged herself, and had the audacity to flirt with romance with me! It wasn't that she was on dope or dog food, her thinking was just convoluted; she expected to change a situation with the same mind that created it. Similarly, with those who mismanage money or anything else applicable, you will never get out of bankruptcy thinking you can still spend excessively; never reconcile the relationship thinking you continue to see him or her on the sneak tip; never be free long enough thinking you can still dabble in your "SIN"; never be "saved" thinking you can keep on intimating with anything opposed to Christ. Whatever the mindset that created your "Fall Down" has to emphatically be polar opposite to the thoughts you will "RISE UP" by.

Now you must smarten up, If you are the smartest person in your circle of friends, you need a new group to hang in. Reason being, in order to change your frame of mind, it requires varying perspectives to challenge the status quo of your thoughts. Contrary to what you've been flattering yourself with, no one has a corner on the truth. Everyone has subject matter expertise in something - even if it is how to fit paper airplanes or even grow marijuana (I'm just saying...) - there is always someone or something that can stretch the elasticity of your mind to understand more than what you do. "Everyone needs a change of mental environment at regular periods. The mind becomes more alert and more ready to work with speed and accuracy after it's been bathed in new ideas outside of self anchored in the Word of God!!". If you are going to "RISE UP" as high as you possibly can when you fall down, receptivity to concepts conducive to growth and development in which you are ignorant of is essential. Translation: open yourself up to the Word of God which is going to help you reach your eventually stand in the winner's circle of life. All of life is a classroom and we are perpetually enrolled in some kind of lesson plan with every human interaction. Learn from the instructions being written on the chalkboard by the Holy Spirit, Life and most of all the Word Of God.

Mind your business, is an important part of the mind, really consider the words of this point before you inch further: mind your business. The mind is the most profitable business ever created. Every gadget you are fascinated by, every building constructed, every article of clothing you ever wore, they were all first developed in the mind. Before Bourbon Street in my home town of New Orleans ever developed a million-dollar marketing strategy that propelled the product you couldn't live without, those creations were already priceless because of their origin - the mind. When you mind your business, you're handling your thinking with greater care than the most expensive, delicate, store-bought something-or-another there is; you are guarding it with greater acumen than Apple; or developing it with sharper ingenuity than Facebook. As in the slogan of Samsung: "The next best thing is already here." You don't have to look or search outside of yourself for something "better than" what is already there. You should be treating your mind as the innovative business that it is. Polluting it with smoking, drinking, or other intoxicants will reduce its value and minimize its performance.

No different than you investing in a bankrupted company, defective product, or junked stocks, an expectation can't be conjured for you to be taken seriously with a mind bankrupted, defective, ofjunked. Lest you believe the comparison of intoxicants is inapplicable to the business of your mind; the toxicity of anger, envy, immorality, fraud, and so forth can hurt your business as well. What patron wants to transact with an angry proprietor? Invest in a fraudulent brand? Work for a cutthroat corporation? You would have to be out of your mind to. One of the most encouraging and empowering Scriptures regarding out thinking is that, "we have the mind of Christ." Irrespective if you are sold on His deity, His humanity is par excellence! Jesus was a Person of impact; He spoke into the tomb of a decomposed man and called him to life, fed a multitude of people with a few loaves of bread and fish, He healed s suicidal, demon-possessed an and restored him to his "right mind". He walked on water and empowered Peter to do the same. he encouraged those with salacious lifestyles to successfully repent and reform. He took a motley crew of nobodies and reinvented them into persons of credibility. All these and the plurality of other changes Jesus effected in lives emanated from a powerful mind. Him being God produced a quiet confidence in Himself that still reverberates two-thousand-plus years later. That was the mind Jesus had, the kind of thinking He exercised, If it is possible for us to have the same mind of Christ, to have the same notions as Him, then how can we not "RISE UP" when we fall down?! "Now therefore perform the doing of it...for if there be first a willing mind, it is [possible]." #GODGROWTH: You'll never "RISE UP" and higher than you can THINK!!!.

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