

RANDOM HOUSE  BOOKS

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# Inspiring Messages For Daily Living

Norman Vincent Peale



## *Contents*



Cover

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Title Page

### *Part One: THOUGHT CONDITIONERS*

#### *OLD TESTAMENT*

Joshua 1:9

Job 3:25

Psalms 34:4

Psalms 46:1

Psalms 51:10

Psalms 55:22

Psalms 62:5

Psalms 73:24

Proverbs 16:20

Proverbs 3:5

Isaiah 26:3

Isaiah 28:12

Isaiah 40:31

Isaiah 55:3

#### *NEW TESTAMENT*

Matthew 5:44

Matthew 7:7

Matthew 11:28

Mark 11:23

Mark 11:24  
Mark 11:25  
Luke 17:21  
Luke 18:27  
I Corinthians 2:9  
II Corinthians 5:17  
Ephesians 3:20  
Ephesians 6:13  
Philippians 3:13, 14  
Philippians 4:11  
Philippians 4:13  
John 1:12  
John 7:37  
John 10:10  
John 14:27  
Acts 17:28  
Romans 8:31  
Romans 8:37-39  
Romans 12:2  
II Timothy 1:7  
James 5:16  
Revelation 7:16-17

*Part Two: SELF-IMPROVEMENT HANDBOOK*

1. Learn to Relax Your Body
2. Techniques for Relaxing Your Mind
3. How to Get Help from the Bible
4. Learn How to Pray
5. How to Keep from Getting Mad
6. Method for Getting Over Hurt Feelings
7. Let's Actually Practise Forgiving
8. How to Break Your Worry Habit
9. Learn to Make Your Work Easy
10. Method for Making Important Decisions
11. Make an Inventory of Your Joys
12. How to Make Your Personality Attractive
13. Formula for Overcoming Your Inferiority Complex
14. What to Do When a Loved One Is Ill
15. Overcome Your Negative Attitudes
16. Handling Your Disappointments Skilfully
17. How to Get Along with People
18. How to Have a Christian Experience

*Part Three: WHAT'S YOUR TROUBLE?*

I Am a Worrier

After Happy Years We Are Drifting Apart

I Have Been Warned I Must Slow Up—Or Else

Things Irritate Me

I Am Lonely

I Am So Tense

We Are Worried about Money

Resentment Is My Problem

There Is an Alcoholic in Our Family

I Find It Difficult to Adjust to Retirement

A Loved One Has Died

Our Son is Keeping Company with Someone of Whom We Disapprove

An Older Person Is Living with Us, How Can We All Be Happy?

My Children Are Not Doing Well in School

*Part Four: SPIRIT LIFTERS*

*OLD TESTAMENT*

Genesis 28:15

Psalms 3:5

Psalms 23:2

Psalms 27:1

Psalms 46:10

Psalms 91:11

Proverbs 15:1

Proverbs 17:22

Isaiah 40:29

Isaiah 41:10

Isaiah 57:20, 21

Jeremiah 29:13

*NEW TESTAMENT*

Matthew 6:33

Matthew 7:24

Matthew 18:20

Mark 6:56

Mark 9:23

Luke 11:9, 10

John 4:14

John 11:25

John 15:3

Acts 3:19

Romans 12:10

I Corinthians 10:13

I Corinthians 13:13

Ephesians 6:16, 17

Philippians 4:19

Hebrews 13:8

I Peter 3:10, 11

I Peter 5:6, 7

Revelation 21:7

*Part Five: YOU CAN RELAX*

Drain Your Mind

Relax Muscle Tensions

Don't Take Tomorrow to Bed with You

Practise the Presence

Tranquillise Your Thoughts

How to Spend the Hour before Bedtime

Relax by Positive Thinking

Don't Wear Yourself Out with Yourself

Memorised Peacefulness

Drop Relaxing Bible Passages into the Mind

The Benediction of the Darkness

Add Up Your Blessings

Become an Expert Forgetter

Rocked in the Everlasting Arms



*Part Six: THE "HOW" CARDS*

How to Go to Church

How to Say Your Prayers

How to Solve a Problem

How to Make Your Work Easier

How to Break the Worry Habit

How to Relax

How to Overcome your Inferiority Complex

How to Meet Sorrow

How to Get People to Like You

How to Forgive

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The Power of Positive Living

The Amazing Results of Positive Thinking

The Positive Way to Change Your Life

The Power of Positive Thinking for Young People

Stay Alive All Your Life

Courage and Confidence

You Can if You Think You Can

The Power of Ethical Management

*Inspiring Messages*  
*For*  
*Daily Living*

NORMAN VINCENT PEALE

The logo for Vermilion London, featuring a stylized 'V' icon followed by the word 'Vermilion' in a bold, sans-serif font, with 'LONDON' in a smaller font below it.

**Vermilion**  
LONDON

*The techniques and principles contained in this book, to be completely effective, require regular attendance at church service.*

*The author takes pleasure in inviting you, should you ever be in New York, to worship in the Marble Collegiate Church, Fifth Avenue and 29th Street, of which he is the minister. He would like you to feel, when in that great city, that you have a church home where you will receive a sincere welcome.*

PART ONE

*Thought Conditioners*

CHANGE YOUR THOUGHTS and you can change anything. The world in which you live is not determined by outward circumstances nearly so much as by the thoughts which habitually occupy your mind. Even as air conditioners keep the atmosphere of a room fresh and healthful, so THOUGHT CONDITIONERS will give clarity and power to your thoughts, peace to your mind, health to your body and vitality to your life. Since happiness and effectiveness depend upon the kind of thoughts we think, it is absolutely impossible to be happy if we think unhappiness-producing thoughts. One of the wisest men who ever lived was Marcus Aurelius, who said, "A man's life is what his thoughts make of it."

If you put into your mind thoughts of fear, you will get thoughts of fear out of your mind. Fill your mind with resentment thoughts and resentment attitudes will emerge. And in neither case, of course, can you find happiness-inducing thoughts. Whatever the condition of your mind, the THOUGHT CONDITIONERS which I am going to suggest are so powerful that they will displace unhealthy thoughts. Indeed, displacement is the only way you can drive a thought from the mind.

In my experience through a good many years in working with people, I have discovered that the most vital, creative and positive thoughts are those stated in the Bible. Its words are alive. The Bible itself states what its spiritual words will do. "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you."

This means simply that if you fill your mind with spiritual words so that they sink from your conscious to your unconscious mind by a process of spiritual osmosis, you will so condition your personality with spiritual power

and sensitivity that God's will can operate in you, and every great value of this life, the ones that really matter, shall be yours. The words of the Bible are powerful THOUGHT CONDITIONERS. They are capable of revolutionising the entire personality.



## *Method for Using Thought Conditioners*



OVER THE YEARS I had noticed that certain passages from the Scriptures had particularly potent effects on human beings. I began, therefore, to list the life-creating words from the Scriptures which had done me the most good. Many of these I had recommended to others. Some of them had been called to my attention by people in whom there had occurred the most astonishing demonstration of new life and joy. When I applied them to myself I found they did indeed possess tremendous effectiveness.

The process which I have used both personally and in counselling, which has accomplished most impressive results, is simply that of committing these great passages to memory. One puts them in the mind as in a sort of spiritual medicine cabinet, each to be drawn out as needed for specific ills or maladies of the personality, or to meet life's situations as they develop.

As suggested above, the method is also to conceive of these thoughts as having displacement value, crowding out injurious thought patterns.

The best results are gained by utilising spare minutes to say these scripture passages or THOUGHT CONDITIONERS over and over. As you are riding on a bus or train, or washing the dishes, or waiting for an appointment, utilise fractional moments to dwell and meditate upon the meaning of these texts. As you do so, there will flash out from them new



insights, new perceptions of truth. Gradually, by a deep therapy, they will drive into the mind, until presently your life will become a living demonstration of God's power.

Part One contains forty creative and vital passages. Why forty? Primarily because in His own deepest spiritual experience Jesus spent forty days. There is no magic in the number forty, but it so happened that when I finished my list it totalled forty. There are many more vital passages. In fact, you can read and commit the Bible for a lifetime and never exhaust it.

This is my forty, and when you complete these and feel that they are your permanent possession, I suggest that you explore the Scriptures further and find the many others that will have the same health-giving effect in your life.

Now, the method of using this part of this book:

1. I suggest that you read it through quickly at one reading to get the all-over impact of forty of the greatest gems of thought ever spoken.

2. Start at the beginning and memorise one verse a day. Meditate upon the brief message given with each. Definitely practise the simple techniques suggested.

3. It may be that one or two or more of these will have a particularly strong effect upon you. In that case I suggest that you copy it, put it in your pocket, under the glass of your desk or on your dressing-table, so that you can see it every day and thus it can become your dominating thought.

They are not arranged according to problems or categories or days. Neither are they selected on any basis of relative importance. I have listed them just as they have come out of my own mind, one after the other. Perhaps God sorted them for this particular purpose. I give them to you with the prayer that these brief spiritual THOUGHT CONDITIONERS may add to the happiness and usefulness of your life.

*This section contains forty health-producing, life-changing,  
power-creating*

## ***Thought Conditioners***

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**Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.**

John 14:27

Without a deep inner state of quietness, one becomes prey to tension, worry and ill health. A song, a sunset, moonlight, the sea washing on a sandy shore, these administer a healing balm. But they lack power to penetrate the inner recesses of the soul.

A profound depth therapy is required to attain healing quietness. An habitual repetition of this one text will, in time, permeate your personality with a complete sense of peace.

When tense or restless sit quietly and allow these words to pass unhindered through your thoughts. Conceive of them as spreading a healing balm throughout your mind.

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**The things which are impossible with men are possible with God.**

Luke 18:27

This text shows how to do an “impossible” thing. Size up your problem, pray about it, do all you can about it. If it seems impossible, don’t give up, but affirm, “The things which are impossible with men are possible with God.”

Keep relaxed. Don’t worry. Avoid getting panicky. Never think, “This can’t be done.” Declare, “It can be done, it is being done because God is doing it through me.” Affirm that the process is in operation. The final outcome may not be entirely what you now desire. But, handled in this manner, the solution will be what God wants it to be.

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**Renew a right spirit within me.**

Psalm 51:10

Here is a fragment of a verse which will bring you friends, health, happiness and success. It can improve your disposition.

The word disposition refers to the manner in which you are disposed to react to situations and people. If your automatic emotional reaction is irritable, crabby, selfish, haughty, it impairs or even destroys your relationships.

The quality of your disposition depends upon your inner spirit. This thought conditioner, by the use of the word "renew", implies that when you were created you had a good disposition.

If you have allowed it to deteriorate, Almighty God, who created you, can recreate and renew in you the fine balance, the controlled spirit. He can restore that vital factor in a good disposition, inner quiet control. Let no day pass after today that you do not say many times, "Renew a right spirit within me."

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**Come unto Me, all ye that labour and are heavy laden,  
and I will give you rest.**

Matthew 11:28

Perhaps the strain and burden of life have made you tired. If so, maybe you are carrying life too heavily.

Primarily we do not get tired in our muscles, but in our mind. We develop that "I'm swamped" feeling.

Allow this text to dissolve in your thoughts as a kind of spiritual lozenge. As you turn to Jesus in your thoughts, He will give you rest. And how does He do that? One way is by showing you how to work.

"Learn of Me," He says. In other words, work by My method. "My yoke is easy, and My burden is light." That is to say, easy does it. Don't strain, don't tug, relax. Do one job at a time, using the light touch, the easy stroke.

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**What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.**

Mark 11:24

To pray successfully you must employ affirmation and visualisation. Form a picture in your mind, not of lack or denial or frustration or illness, but of prosperity, abundance, attainment, health. Always remember you will receive as a result of prayer exactly what you think, not what you say. If you pray for achievement but think defeat, your words are idle because your heart has already accepted defeat.

Therefore practise believing that even as you pray you are receiving God's boundless blessings, and they will come to you.

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