

## Taking Hold Of Life – Lesson #1

### **1. Mightier than Circumstance – Frank B. Whitney**

“To you who, taking up this book, take a forward step in proving yourself mightier than any circumstance in your life.”

### **2. Each Morning Begins A New Life**

Have you ever thought of the dawning of a new day as the dawning of a new life and a new world?

Last night the curtain of darkness closed upon your yesterday. In the darkness of the night, in the process of sleep, your old self died to things of the past.

Each dawning begins a new life. Not a single self-imposed limitation of yesterday can prevail in your new day. The world is yours.

If you think tonight that you could have improved upon your living today, then at tomorrow's sun you will have a fresh opportunity.

Just remember, however, that you must not condemn yourself for your mistakes or failures of today.

### **3. Taking A New Hold on Life**

Your ability to take a new hold on life depends on your ability to break with the thought of the past and acquire a new outlook on the present and the future.

The value of an unpleasant situation of yesterday lies entirely in its ability to contribute to your good of today.

Your clinging to the memory of the misfortune and sorrow of yesterday keeps you from taking hold of a new life.

If you would improve conditions you must make new history for yourself! To be content to bask in the glories and success of yesterday is to fail to see the blessings of today right at hand.

#### **4. Life Begins for Me Anew**

I give up all tendencies to blame myself for the mistakes of the day, since I have acted according to my best judgment at the time.

At dawn, I realize that I have never before lived in the new day and that it will have pleasant surprises and many blessings for me.

I realize in the new day that my failures of the past belong in the past. My success belongs to the present, the new day.

I cease to look to tomorrow for my happiness. I realize that I can be happy tomorrow only through building up a consciousness of happiness today.

#### **Today is Loaned to You**

Today God puts into your hands, a day that's new and bright;  
Yours to enjoy howe'er you will, it's His again tonight.  
This morning in the wee, small hours He gave to you this prize,  
Intrusted you with one new day wherein all goodness lies.

Now you must find the good it has and bring it forth to view;  
For He has put within this day some treasures meant for you.  
And when you take the good things out, some good you must put in;  
So when tonight God views your day, He'll find no thought of sin.

Now if tonight God see that you have taken out the good,  
And put good back right in its place – that you have understood  
Just how to treat a brand-new day; then on tomorrow's dawn  
You'll find you'll have a brighter day and other from then on.