CREATING | PERSONAL GROWTH | PROFESSIONAL DEVELOPMENT

Tending the Fire

It is my belief that success comes from the inside out.

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822 words | 3 pages

In old buildings there was a boiler room where men stood shoveling coal or wood into a furnace to keep the whole building warm. If they didn't tend to the fire, the place went cold. The same is true in our lives. We need to tend the inner fire so our lives do not go cold.

Made for Success is based on the fact that humans are made up of three parts: The body, the soul and the spirit. The Body is that part that lives in the physical world. The Soul is the mind, will, and emotions. The Spirit is that part of us that transcends this life and is able to commune with God.

> ***It is my belief that success comes from the inside out. That is, it starts in the spirit, which affects the soul, which enables the body to do what we need it to to achieve success. With this understanding, it is imperative that we tend to the fire of the spirit on a regular basis.***

I thought I would share with you this issue a couple of ways I do this, in order to keep my spirit strong.

I read every day from a book that focuses my mind on spiritual things. This usually happens in the morning, though any time is sufficient.

Sometimes it is the first bit of time I am at the office. This gets my day off on the right track and gets my spirit in the right place. You might say, "I wouldn't know where to start." Let me help.

One thing I do, is to read from the book of Proverbs in the Bible. It is full of practical, spiritual advice! And to make it easy, there are thirty-one chapters there. If it is the seventh day of the month, guess what chapter I read? Exactly.

Another book I have found to be helpful is a book called *Face to Face*, which you can order at your local bookstore or through Amazon. It is essentially three months of short daily bible readings. And it is non-sectarian, so you don't have to worry about a bias.

I also pray every day. Now, in the field of self-improvement there is a lot of focus on doing it yourself, disciplining yourself, etc. But I know that I need God's help in every area of my life - and I ask Him for it on a regular basis!! Praying brings me back to what is important, and gets me the help and strength I need.

I involve myself in a church. I know, some of you are thinking, "Church people, no way." Well, sometimes, I couldn't agree with you more! But there a couple of things that being involved with a group of people who share your religious beliefs does for you. One, it gives me strength to have others who encourage me on that path. The other is that I have found that the times I have grown the most as a person have come in times of being involved with the frailty of humanity. It isn't when everyone is behaving perfectly that I grow. That doesn't stretch me.

> ***What stretches me is when I am living in a community and I have to tolerate others and forgive others. So even the weakness that is inherent in living in a community of faith can become a strength if we make it so.***

Whatever community of faith you are involved in, make it your goal to grow when others fail.

Let me encourage you. Tend to the fire of your spirit. It is the first step to a successful life. Without it, you may achieve all sorts of things in this life and when you get there, ask, "What it the meaning? Where is the purpose? Where is the happiness?"

Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!