

HOW TO MAKE A TOMB – Negative

If one follows these simple rules, makes these simple choices, they can be guaranteed a tomb-like existence, even before a gravestone is erected. Not all fifteen rules have to be observed. Any ten of them would be adequate to the purpose.

1. Dwell constantly on personal disappointments, losses, failures, and injuries. Keep that offending letter, read it over from time to time. Devote considerable time each day to feeling sorry for yourself. Avoid anything that might cheer you up. Insist on your right to be miserable.
2. Set impossible goals for yourself, and determine that you will never be happy until you have achieved them.
3. Think a lot about the terrible state of the world today; the injustice, the immorality, violence, disasters and tragedies of all kinds.
4. As much as possible, think of yourself first.
5. Trust no one.
6. Develop a keen sense of indignation. Take offence whenever you can. Grump your way through life. Demand apologies.
7. Be a perfectionist. Find fault with everything.
8. Make unrealistic demands on others. Use your relationship with them to manipulate them into doing what you want. Turn every disagreement into a test of their love and loyalty. Sever relationships when your expectations are not met, appealing if possible, to some higher principles of right and wrong.
9. Demand special treatment.
10. Always be right. Never entertain any suggestions that another point of view might have some validity.
11. Avoid anything new. Never spice your life with variety.
12. Never give a positive interpretation to others' behavior unless a negative interpretation is absolutely impossible. Read people's minds; criticize their attitude.
13. If you must spend time with others, do what you can to spoil their day.
14. Never truly forgive any offense. Above all, never ask to be forgiven.
15. Try not to let people know what you are really thinking or feeling.

HOW TO MAKE A TOMB OF NEW LIFE - POSITIVE

1. **Love God with all you heart, all your mind, and all your soul.**
2. **Love one another as He loves you.**
3. **Forgive others as God forgives you.**
4. **Know that God dwells within you; share His love with others each day.**
5. **Allow Christ's light to shine within you to all you meet.**
6. **You are free and loved. There is no tomb.**