

What began as “The Little Engine that could, (with guidance from mom),
helped my brothers & I develop an attitude of;

“I can do all things, through Christ who strengthens me”

[Philippians 4:13](#)

I remember countless hours swinging on our country porch, listening to stories my mother told me. Many of those stories were Christian-based, or she gave them a Godly twist. My favorite story was that of The Little Engine that Could!

My father died when I was seven years old, which meant that my mom had to get a job to support my three brothers and me. Prior to my father’s death, my father had insisted that mom stay home and raise the family, while he worked (sometimes night and day), to pay the bills.

Mom loved children and began working with the Head Start program in Topeka Kansas. After a few years mom became the Director of the Topeka Day Care Association. Over the next 31 years, hundreds and hundreds of children heard the same stories (and countless others) that she had taught my brothers and me.

As I grew older, I began to apply the stories and principle that I was raised with. For example, in high school, as a member of the mile relay team. I was the anchor man on that four-member of relay team. In my first race, when I was handed the baton, my team was in third place. I distinctly remembering applying an “I can do attitude”. The fate of our team was in my hands.

The local newspaper took a picture of us as I crossed the finish line in first place. That picture remains imprinted in my mind to this day.

Over the years, I participated in a hand full of 100-mile bicycle races. I applied the I can do...attitude that my mother taught me as a boy. After a 2 year stay in the Navy, I traveled to Alaska, where with Gods help, I became the only black policeman in the entire

state of Alaska. When my fellow officers made it clear that “the only reason that I was hired was because of the color of my skin.” To counter that claim, (with Gods’ help) I not only graduated at the top of my class academically but set a new physical fitness record at the Sitka, Alaska Police Academy.

Over the years, GOD was not only with me but strengthening me as well. His strength and His wisdom helped me succeed in nearly every challenge that came my way.

James 1:5 If any of you lack wisdom, let him ask of God, who giveth to all men liberally and upbraideth not, and it shall be given him.

My health challenges have been many, but God directed my steps, and helped be “more than a conquer”

Romans 8:37 AMP bible

Yet in all these things we are more than conquerors *and* gain an overwhelming victory through Him who loved us [so much that He died for us].

In much the same way that God carried Joseph through a series of what could have considered “bad breaks”, God used those situations to prepare him for the greatness that lay ahead. The promotion of being placed over the entire food supply of Egypt and the surrounding nations during a great famine.

Job 3:25-26 **KJV** ²⁵ For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me. ²⁶ I was not in safety, neither had I rest, neither was I quiet; yet trouble came.

Job 6:24 **KJV** Teach me, and I will hold my tongue: and cause me to understand wherein I have erred.

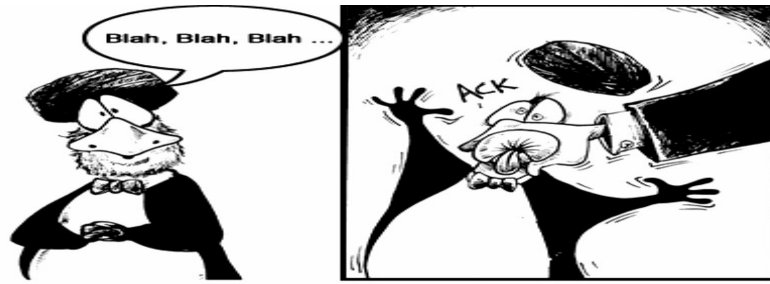
Every major ministry seems to have addressed (at some point or another) the issue of watching what comes out of our mouths.

Matt 15:18 But those things which proceed out of the mouth come forth from the heart; and they defile the man.

The Phillips bible puts it this way; “But the things that come out of a man’s mouth come from his heart and mind, and it is they that really make a man unclean. For it is from a man’s mind that evil thoughts arise...”

Dr. Bill Winston, of Living Word church near Chicago devoted five hours of teaching on “The Law of Confession” And in my opinion is the most complete series on the subject.

Other scripture that come to mind is;



Psalms 141:3 Set a watch, O LORD, before my mouth; keep the door of my lips. κλν

Proverbs 29:11 A fool uttereth all his mind: but a wise man keepeth it in till afterwards.

**It is important to remember that -what comes out of our mouths may set the stage for our future.*

When we understand that our words that we speak can hurt us, then it is very important that we understand that what we speak can also help us.

Philippians 4:8

Finally brethren, **whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.**

Let our speech be positive and build up our neighbor and each other. In other words, walk in Love.

Matthew 22:36-40

³⁶ Master, which is the great commandment in the law? ³⁷ Jesus said unto him, thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. ³⁸ This is the first and great commandment. ³⁹ And the second is like unto it, thou shalt **love thy neighbour as thyself.**

⁴⁰ On these two commandments hang all the law and the prophets.

If we are going to succeed mom taught us to have a Philippians attitude...

“I can do all things, through Christ who strengthens me”

Philippians 4:13

It is critical that we see our selves as GOD sees us, able to defeat the Goliaths in our lives.

Psalm 91:6-8⁶ Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.⁷ A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. ⁸ Only with thine eyes shalt thou behold and see the reward of the wicked.

Don't make the mistake of thinking we are great because of anything that we have accomplished on our own, but because of the greatness that comes with the new birth; that God, in Christ, in us! Yes, the Word of God says that "I can do all things..." Not just by my saying so, but by what God activates within us, a strength that only Christ can give!

Mark 11:23-24 Amplified Bible

²³ I assure you *and* most solemnly say to you, whoever says to this mountain, 'Be lifted up and thrown into the sea!' and ¹⁴does not doubt in his heart [in God's unlimited power], but believes that what he says is going to take place, it will be done for him [in accordance with God's will]. ²⁴ For this reason I am telling you, whatever things you ask for in prayer [in accordance with God's will], believe [with confident trust] that you have received them, and they will be *given* to you.

God teaches us that when and where we apply His Word by speaking it, that His power, will bring what His Word promises, to pass; when and where we speak it with believing.

Years ago I diagnosed with "bone marrow cancer," I was able to look those doctors in the eye and say "do what you need to do, but you will NOT find cancer. Why, because I'm so great? NO, I dared to speak the promises I found in scripture.

1 Peter 2:24

Who **his** own self (Jesus Christ) bare our sins in **his** own body on the tree, that **we**, being dead to sins, should live unto righteousness: **by** whose **stripes** ye were healed.

After drilling into my bone in my hip, on 2 separate occasions, they could **not** confirm their diagnosis.

Today, after many years of serving God in a variety of ways, what I have accomplished, I give all glory to GOD, Christian parents and a mom who taught us Godly principles. A mom who dared to teach my brothers and me about God, and what we can do when and where we look to God for our strength and sufficiency.

The Topeka Capital Journal (newspaper) said in a full-page tribute to my mom; "***A widow who managed to raise four young sons single-handedly. Mrs. Anderson was concerned with all children feeling good about themselves.***"

Mom began by teaching her sons what we (with Gods help) could do. She then took that same message to the children in our community. She taught children in general, but particularly minorities to feel good about themselves. Without opening the bible mom taught the principles in Phil 4:13;

"I can do all things, through Christ who strengthens me"

