



Do your thoughts magnify the positive or negative things in your life?

If you find that your thoughts are magnifying the negative things in your life ask the Lord to illuminate what is going on in your mind and heart. Open your ears to hear His observations as He reveals what is at the root of your focus on the negative things. Then acknowledge those things He brought to your attention out loud verbally.

Try making a list of proactive activities that replace those negative things with activities that make you feel fully alive and bring you joy. These activities could be anything from spending quiet time with the Lord to taking your family on a picnic. Do something that fills up your heart and spirit with joy and peace.