

1. Think Strong

Proverbs 23:7 says "As a man thinketh, so is he." KJV. If you think optimistic, strong, positive thoughts you will be positive. If you think mean, pessimistic thoughts you will be mean and pessimistic. I had an uncle who was a hypochondriac, he thought he had things, and sure enough in his mind he did. However, he lived to be 90-years-old, but man did he have a lot of ailments.

Paul puts it this way in Philippians 4:8: "Finally brothers whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worth of praise, think about these things. What you have learned and received and heard and seen in me practice these things, and the God of peace will be with you." Weak, fearful, angry, pessimistic thinking does not help you stay above the circumstances. There's a phrase people use a lot which makes me cringe. When tasked how they are doing, they say "well, under the circumstances, ok I think." I usually ask them, "What you are doing under there in the first place?" Why not be above them and not under them.

Paul also puts it this way in Ephesians 4:20-24 "But this is not the way you learned Christ! Assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness." Renew your mind every day by being in the Word. Remember Isaiah 40: 29 "He gives power to the faint, and to him who has no might he increases strength." The most important thing you can do to keep thinking strong is to renew your mind. Know who you are in Jesus.

Another thing people often say when asked how they are doing which also bugs me is, "better then I deserve." I often wonder, do you know why you are better then you deserve? It's because you're a King's kid. You belong to the God of the universe who sent His Son to die in your place. He gives you freedom from shame and the ability to live life to the fullest - not just an ordinary life, but one that's abundant and free. He wants you to know the joy and peace that only He can give. John 10:10b-11 says "I came that they may have life and have it abundantly I am the good shepherd. The good shepherd lays down his life for the sheep."

We belong to the good Shepard, who makes you lie down in green pastures, restores your soul, and leads you beside quiet waters. You are free to dance. You can be content. Think strong! Know you belong to the Good, Great and Chief Shepard who watches over your soul. I Peter 5:4 says "When the Chief Shepherd appears, you will receive the unfading crown of glory". Think strong. It helps you live abundantly.