



Month: June 2011

Scripture: Philippians 4:8 “Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”

Food for thought: Every spiritual battle is won at the threshold of the mind.

When is the last time you had a runaway thought? At what point did you realize the thought was not of God? I am convinced that at some point in your walk with God someone has said “you are the sum total of what you think, so think positive” Sounds familiar? Well the truth is- IT is TRUE! Positive thinking is the first step of a powerful process that can change your life if you choose to apply it. Is there any benefit of positive thinking? Well yes, it gives you the impetus to take action. The bottom line is: thought power for any woman going somewhere is the key to creating your reality. Everything you perceive as a woman or man in the physical world has its origin in the invisible, inner world of your thoughts and beliefs. So what are your thoughts? What do you believe?

Take a minute to examine the conditions and circumstances of your life. Do you see they are a result of your thoughts? James Allen said "circumstances do not make a man, they reveal him"

Every aspect of your life, from the state of your finances to the state of your health and your relationships, is accurately revealing your thoughts and your beliefs. IT'S AN INSIDE JOB!! Most people have it back to front, believing that they feel or think a certain way because of their circumstances but really it is their thought power that is creating those very circumstances, whether wanted or unwanted. Selah!

The more time you give to a particular thought, the greater its power to attract corresponding circumstance into your physical world. Simple!! I am not talking about your one off passing thoughts those do not have the same creative power as your habitual thoughts and beliefs. That's why whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise then think on these. Remember, that it is of little use to entertain positive thoughts for just a short

burst of time each day if you then proceed to think negative or unwanted thoughts for the rest of the day. I have personally found that when I instantly neutralize and deliberately replace negative thoughts with positive equivalent I feel good! A burden is lifted. For instance, if you think to yourself "I'm not good enough, I will never succeed", mentally replace that thought with "I am good enough woman and success comes to me easily and I am the apple of God's eyes"

In a nutshell, your life is the perfect mirror of your thoughts, beliefs and dominant mental attitude. Whether you realise it or not you are already creating your reality through your thought power. Every effect you see in your outside world has its original cause within you - no exceptions. IT'S AN INSIDE JOB!!

My challenge to you for the month of June is: control the nature of your habitual thoughts and align your thoughts with the living word of God. **Let's us destroy speculation and every lofty thing raised up against the knowledge of God, and we are to take every thought captive to the obedience of Christ" (2 Corinthians 10:5**

So go on and harness your mind power, you will see your life transform in miraculous ways!

