

Positive Mental Attitude

Reasons for thinking positively

Positive thinking is a practical tool

- A practical tool for rising above your circumstances

We can replace:

- self-doubt with confidence
- worry with faith
- fear with hope
- We can transform not only our emotional lives but also our physical health, relationships, and productivity.

Reason #1 God is in Control

- No matter what happens, this is our Father's world.
- God is in charge of all events, kings, and kingdoms, and working His purposes out on earth.
- Remember the true story of Daniel? When he was thrown to the lions for praying to the true God, and **not** to King Darius, God saved him. (See Daniel Chapter 6).
- God over-ruled a king!

Daniel 6:25-26

When King Darius heard the report the next morning that Daniel was still alive and unharmed, he was relieved.

Then King Darius wrote to all the nations and peoples of every language in all the earth:

“I issue a decree that in every part of my kingdom people must fear and reverence the God of Daniel. For he is the living God and he endures forever; his kingdom will not be destroyed, his dominion will never end.”

Reason #2 We are in a battle

- Our world is in a spiritual battle – good against evil; the Devil against God
- Sometimes the Devil has his way. But he is never the winner.
- God can turn bad things into good.
- Yes, bad things can happen to good people but
- as **Romans 8:28** says, “And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

- There will be times of pain, suffering and sadness, and we should never say that suffering doesn't exist, or isn't a problem,
- but we on the other hand, mustn't allow it to destroy us.

Psalm 46:1-2 - God is our refuge and our strength and a very present help in a time of trouble.

Therefore, we will not fear, though the earth be removed, and though the mountains be carried into the midst of the sea.

1 Thessalonians 5:18 - Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Romans 8:35–39

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Reason #3

We have much to be thankful for.

- We can choose to be thankful.
- Try listing some things you can be thankful for.
- A wealth of research says our living for a cause greater than ourselves increases happiness.
- There is happiness in finding a purpose, and giving to others.

Reason #4 God gives hope.

- Hope is an essential element in people's lives. It makes us feel more confident, positive and secure about things.
- But where do we get hope from? Maybe you've heard someone say: " Everything will be alright ".
- True hope comes from God. Psalm 39:7 says "My hope is in you."
- Whenever you need hope, talk to God, pray truly from your heart. He makes you stronger and gives you a new understanding about things.

Our hope is in God

Psalm 42:11

Why, my soul, are you downcast? Why so disturbed within me?

Put your *hope* in God, for I will yet praise him, my Saviour and my God.

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a *hope*.

Faith, hope, love

- 1 Corinthians 13:13 says that there are three things that will last forever – faith, hope and love, and the greatest is love.
- A famous person in history, William Carey said, “Expect great things from God. Attempt great things for God.”
- If you start a task expecting to fail, you probably will. So, win or lose, be positive. God is with you.

Battle your fear

- Fear is a mental habit that must be broken.
- Persistent worry damages health and blocks opportunities.
- If you believe that God wants you to do something, then substitute every fearful thought with a confident one.
- Prayer changes things.

Discussion

Give some reasons why we should think positively.

What can you do if you are struggling with negative thoughts?