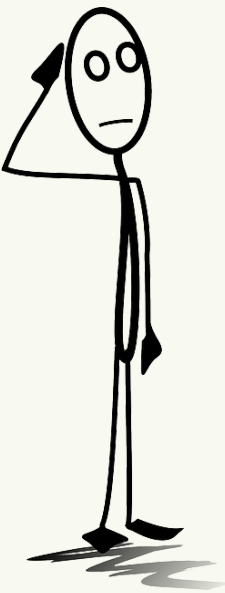


Fullness of Life

DAY 4

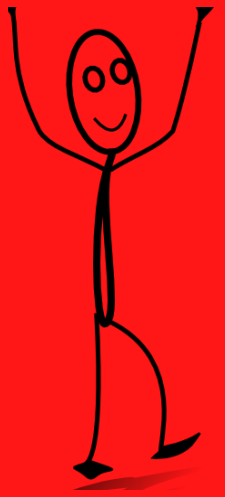
Develop a Victorious Mindset

Are you bombarded with negative thoughts and emotions, pulling you down, making you doubt your purpose. Are you trapped by lies and self-limiting beliefs? It's time to break free! Everybody in the world thinks, but not everybody thinks the same. Not everybody thinks well. If we are going to think, we may as well think well. Especially considering that our thoughts are seeds that birth from our heart and mouth into the atmosphere, giving them life and they direct our destiny.



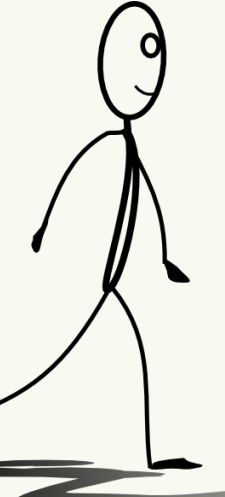
The Problem

- I'm miserable
- I am so negative and have lost hope.
- My mind is bombarded with negativity and lies.
- I am so anxious and irritable.
- I am confused
- I am overwhelmed
- I feel depressed
- I have a bad attitude



The Promise

When you intentionally choose to rejoice in God's goodness, no matter what you feel like or of what surrounds you, and what your natural eyes can see - you shall have peace. When you pray with thanksgiving, thanking God for who He is and for a great outcome before you see it, the peace of God will guard your heart and mind. Philippians 4:4-7



The Practice

We read God's word, we believe it and then act upon it. We put it into practice. And so our lives are transformed. We begin to walk in the life God has promised.

Here is your practice mission, should you choose to accept it... 'SWITCH' - every negative thought into a positive one based on the word of God. (Philippians 4:8-9)



Reflection

Read and think about the following verses.

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2

"As a man thinks in his heart, so is he." Proverbs 23:7

"Whatever is true, noble, right, pure, lovely, admirable-if anything is excellent or praiseworthy -think about such things" "Put it into practice. And the God of peace will be with you." Phil.4:8-9

Action



- 1/ Catch yourself thinking and ask yourself, "What am I thinking about?"
- 2/ Analyse - and write down the answer to this question... What thoughts can you SWITCH, that will enable you to alter the direction of your life?
- 3/ Speak out loud what you truly desire to happen, and thank God for His amazing goodness.
