

# Journey Enews

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Taming Your Thoughts by Bobby Duncan

Let's be honest - are you the type of person who, when listening to the daily news, tends to think the worst or the best thoughts? Again, let's be honest. We're all wired a little differently. Our family histories, past experiences, painful or happy moments often create our natural, default response to things.



In hard times we may place blame and find negativity. Even during enjoyable life experiences people may believe we don't deserve the best every day. It can be hard to pivot away from negativity in general. However, it is not impossible.

Max Lucado has a book called "Tame Your Thoughts —Three Tools to Renew Your Mind." A summary of the book states, "When was the last time you awakened to a swirl of anxious, out-of-control thoughts? Perhaps you were overwhelmed with the weight of worry, the fear of failing, or the grip of guilt. The way we think directly impacts our joy and peace."

Our thoughts have consequences. God is with us. Everywhere. All the time. His desire is to transform our negativity into courage and confidence. We all need God's support and help to manage our human way thinking. God is for us. Tell everyone. We have Jesus and His Good News (1 Corinthians 15:1-4) to share each day.

Become an outlier in your family and community. Start with positivity each morning. People will notice you are different in a God kind of way.

"Do not be conformed to this world but be transformed by the renewal of your mind." (Romans 12:2 ESV). Keep your focus. Remember who and whose you are. "On your best day you're a child of God. On your worst day you're a child of God. Every day is a good day, 'cause I'm a child of God."

Lean in and draw strength from "living water"— from a well which never runs out (John 4:7-14) NLT.

Let's be honest. Everyone could transform their life with this one change — tame and control your thoughts. If you've never made a Jesus decision, let's talk about. If you are ready to renew your relationship, I'm available. Coffee on me.

Let Jesus transform your life. Real change is possible. Jesus changes everything.