

Breaking the Stronghold of Worldly Negativity

Have you ever considered the power your thoughts have over your happiness?

Ever feel like since your negative circumstances or adversities aren't likely to change, that you can't ever live a life full of joy, peace or contentment?

Do you sometimes feel like your thoughts are bossing you around, causing you to feel stuck in unhealthy emotions and discouragement?

Sweet friend, if you want to start thinking differently and living differently, you have the power of choice in your hands. You can be the boss of your thoughts, rather than letting them be the boss of you, and when you choose to take charge, your life will radically change.

We don't have to stay stuck in negativity no matter what we're going through or how hard life seems. That's because we each have the power within us through Christ to transform how we think, which changes how we feel, which changes our perspectives, which ultimately changes us and the way we live life in a positive way. Positive thinking always leads to positive living, but it's a choice we have to intentionally make.

It's easy to overlook the importance of our thoughts and not only the power they hold over our lives, but the power they hold to change who we are from the inside out. If we think negative, we'll be negative and live a negative life. If we intentionally choose to think positive even in the midst of negative circumstances, we'll become a more positive person and live a more positive, happy life. All too often we assume since we don't have control over negative circumstances or

situations, we also don't have control over how we think and feel. But we do!

Romans 12:2 says: "Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God." In this verse, God assures that we can transform our minds and thoughts patterns, and as you'll read in my book, many scientific studies prove that this is possible as well—thus science has finally caught up with Scripture. In writing *Unsinkable Faith*, I became utterly amazed at the results I read about from research about how changing how we think not only transforms us mentally, emotionally and spiritually, but also can physically transform the shape of our brain. I know you're going to be amazed and inspired too. Change is possible.

We all have the power in Christ to stop letting our thoughts and feelings cause us to sink by grabbing hold of the life preserver of joy God offers. We can have hope for a renewed mind and an amazingly positive, joy-filled life, despite the mistakes of our past, the hard circumstances of the present or the unknowns of the future, and despite how long we've felt enslaved to a negative mind-set. We can have unshakable peace, unwavering joy and unsinkable faith, even when the storms of life blow in.

All believers have the power of the Holy Spirit within them to break down the stronghold of negativity in their lives, no matter how many years negative thinking has taken up residence in their minds.

Our thoughts have power over our lives, and they can either boss us around or we can intentionally choose to be in charge and aware of our how we think. When we admit our need for change, and ask God to start the process of mind transformation in us, change is not only possible, but becomes a reality. If you're ready to start thinking and living more

positively, let go of the anchor of negativity and get excited about the possibility of unsinkable faith and optimism becoming a reality in your life.

Pre-order your copy of *Unsinkable Faith* here. Every purchase made by March 31st will qualify for five free gifts worth \$60. See the sidebar on my blog for the freebies you can claim and how to get them! {eoa}

Tracie Miles is a national Speaker and Author with the internationally known *Proverbs 31 Ministries* and has spent the last twelve years inspiring women to live intentionally for Christ. She is the author of two best-selling books, *Your Life Still Counts: How God Uses Your Past To Create A Beautiful Future* and *Stressed Less Living: Finding God's Peace In Your Chaotic World*. Her newest book is *Unsinkable Faith: God-Filled Strategies for Transforming the Way You Think, Feel and Live* (April 2017). She is a contributing author to the popular *Zondervan NIV Women's Devotional Bible* and the *Proverbs 31 Encouragement for Today Daily Devotional Book*, in addition to being a monthly contributing writer for the *Proverbs 31 Ministries Encouragement for Today* daily devotions, which reach nearly one million people per day around the world with encouragement from God's Word. Tracie also holds the role as COMPEL Manager at Proverbs 31, has three children and lives in Charlotte, North Carolina. You can connect with Tracie on her blog at [and](#) all social media outlets.