

Shifting From Negative to Positive: The Simple Key to a Healthier Mind

Having an attitude of gratitude is vitally important in cultivating a healthy mindset in everyday life. I like to purposely take time to count my blessings and think about God's goodness in my life. In fact, I keep a book of remembrance of amazing things God has done for me over the years to remind me of His goodness.

It's easy sometimes to forget about all of the good things God has done for us, and this becomes a problem when we focus more on what we don't have than on what we do have. Living with this type of negative mindset is dangerous because it leads us down the road of grumbling, complaining and fault-finding.

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A good example of this is the story of the Israelites and their 40 years spent journeying through the wilderness on their way to the promised land God set aside for them. Now, it could have been an 11-day journey, but it took much longer because of their unhealthy mindsets.

God had done so many good things for them, such as delivering them from slavery in Egypt and miraculously parting the Red Sea so they could escape from Pharaoh's army. But they didn't focus on what they should be thankful for, and when things were not going as they wanted, they quickly became impatient and murmured and complained (Exod. 14-16).

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It's so easy to complain when our circumstances don't look just like what we want them to be—it's what comes naturally if we don't pay attention to what we're thinking about. There are things that happen every day that we can complain about, but they really aren't worth the effort it takes to get upset and gripe about them.

We need to diligently resist the temptation to be negative because this negativity can damage our relationship with God, our relationships with other people and even our relationship with ourselves.

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