

AM I OVERTHINKING?

By: Fountain Hendricks

John 20:24-29

A wise person thinks. A foolish person reacts. A **FEARFUL** person **OVERTHINKS**. Overthinking is a characteristic of fear. People who overthink are more concerned with things **NOT** working out than working out.

They focus on the negative more than the positive. People who have a tendency to overthink will have the hardest time moving in faith because faith requires trust and movement. People who overthink want to know **ALL** the answers to the questions, which is not possible.

In actuality, your greatest failures and regrets in life have come from you overthinking. People have regretted missing out on true love because they were overthinking getting married rather than just taking a leap of faith.

People have failed at enhancing their lives because they were overthinking taking certain jobs. Whether you realize it or not, **OVERTHINKING** has been the root of your regrets and failures!

SOMETIMES YOU JUST HAVE TO DO IT!

THINK, BUT DON'T OVER DO IT

You should think about everything but don't become paralyzed by your thoughts. To think, means to rationalize an idea for the purpose of coming up with a quality solution. Overthinking is **DOUBTING** the solution you originally came up with.

Trust your first thought. God does not want you to overthink the solutions you came up with. The moment you begin to overthink you start second guessing yourself which is the door that **DOUBT** enters through. When you start doubting you become unstable in all of your ways.

When you are overthinking you will decide what to do. However, you won't do it. When you don't move in action you will die in complacency. Listed below are some consequences of overthinking.

Overthinking **STOPS GROWTH.**

Overthinking **CREATES DELAYS.**

Overthinking **BRINGS STRESS.**

Overthinking **HINDERS FAITH.**

Overthinking is the **FEAR OF MAKING MISTAKES.**

ARE YOU MISSING YOUR OPPORTUNITY?

Overthinking will cause you to miss out on your blessing. People with faith see the vision and follow it. **DOUBTERS** see the vision and **QUESTION** it. This was the problem with Thomas.

Thomas missed out on the **TRUE BLESSING** because he was overthinking Jesus resurrection. The other disciples told Thomas that Jesus returned from the dead. However,

Thomas **UNBELIEF** caused him to be excluded from the blessing of King Jesus.

OVERTHINKING BLOCKS THE REWARD THAT COMES WITH MOVING IN FAITH.

John 20:24-29 says, *"Thomas (called Didymus), who was one of the twelve, was not with them when Jesus came. The other followers kept telling Thomas, "We saw the Lord." But Thomas said, "I will not believe it until I see the nail marks in his hands and put my finger where the nails were and put my hand into his side."*

A week later the followers were in the house again, and Thomas was with them. The doors were locked, but Jesus came in and stood right in the middle of them. He said, "Peace be with you." Then he said to Thomas, "Put your finger here, and look at my hands.

Put your hand here in my side. Stop being an unbeliever and believe." Thomas said to him, "My Lord and my God!" Then

Jesus told him, "You believe because you see me. Those who believe without seeing me will be truly blessed." NCV.

Life is short! The more you procrastinate the shorter it becomes. When thinking about a problem, subject or circumstance honor the **FIRST** thought that comes into your mind. It doesn't take God long to respond to your cry. It takes us long to believe the response.

**DO NOT BE LIKE THOMAS AND OVERTHINK
YOUR WAY OUT OF A BLESSING!!**

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