

OUR VIEW DETERMINES OUR DESTINY

There is a direct connection between the way we view ourselves and our destiny.

Let's look at three key ways to harness your thoughts to bring dynamic change resulting in a powerful destiny and a better life. First, we need to unpack the biggest destiny derailer: Negative thoughts.

You are not your negative thought

Negative forces want you to believe bad things about yourself like: "I'm depressed. I'm worthless. I can't change. I'm stupid. I'm ugly. I'm such a failure..." the list can go on and on.

It is important to realize that your thoughts, feelings and behaviors are situational and **you can change them**. The reality is that feelings and behaviors are not who you really are. You may struggle with your thoughts, but that is not your identity in Christ.

"For as he thinks in his heart, so is he." Proverbs 23:7a, NKJV

Many of the thoughts and behaviors we battle daily have a root cause: something we have done, knowingly or unknowingly, or things that were done to us. Healing these emotional wounds can be a process. Commit yourself to the journey of healing, and you can overcome them. It is part of your destiny to find healing and live healed.

Keys to powerful positive thoughts and destiny:

1. Diffuse the power of negative thoughts by inviting God in

My life turned around for the good when I realized that I spent too much time beating myself up for having negative thoughts. I remember the day that I invited God to walk with me like a loving father would. I prayed and asked for an extra measure of grace to get me through each day. Surprisingly, when I stopped focusing on the negative thoughts and **talked to God about them as they were happening, they began to lose their power over me and eventually became less of a driving force in my thought life.**

2. Don't beat yourself up

Invite God into your imperfection, he is not surprised by your thoughts or behavior, and loves you just the same. Be gentle with yourself while you change. Learn to have the joy of the Lord "because it is our strength" in your life even though you are not yet perfected. Progression toward your destiny is what you want.

*"You, dear children, are from God and have overcome them, because **the one who is in you is greater than the one who is in the world.**"* 1 John 4:4 NIV

3. Don't live in the recovery room

We live in a therapeutic society with a diagnosis for just about everything, and worrying and over-focus on labeling people and situations. There is great value in recognizing negative patterns in our lives. We need to find a way to **identify the negative pattern, get healed and leave** the recovery room so **your identity is in the new life God has given you**, not the old life that tried to destroy you.

I pray that these keys will help you take daily steps straight to your destiny.

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