

## Pastor's Corner: Are You Thriving On The Negative?

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Have you ever found yourself focusing more on what's wrong than what's right? It's all too easy in today's world to let negativity take over our thoughts. Whether it's disappointment, stress, or hurt, we often dwell on the bad, forgetting the blessings and opportunities God has laid before us. **But what if, instead of merely surviving the negative, we learned to thrive through it? Could we be missing out on something greater?**

Negativity is like a small seed—harmless at first, but when nurtured, it grows into something that can take over our lives. The Bible tells us that the power of life and death is in our words and thoughts (Proverbs 18:21). Dwelling on the negative blinds us to the good that God is doing. Think of the Israelites after being freed from Egypt. Despite seeing miracles, they focused on their fears and doubts, which led to a 40-year journey in the wilderness (Numbers 14:2-4). Negativity kept them from the Promised Land, and it can keep us from the fullness of God's plan for our lives, too.

But there's a way out. Scripture calls us to set our minds on what is true, noble, and praiseworthy (Philippians 4:8). We are not asked to ignore the reality of our struggles but to trust that God is working during them. James 1:2-4 reminds us to consider it pure joy when we face trials because those trials produce perseverance, and that perseverance helps us grow into maturity and faith.

One of the most powerful ways to shift our mindset is through gratitude. Paul writes in 1 Thessalonians 5:18, "Give thanks in all circumstances." **He's not saying to give thanks for everything, but in everything.** Even in our struggles, there's always something to be thankful for. Gratitude refocuses our attention from what's wrong to what's right, reminding us that God is still in control.

Finally, thriving on the negative means taking control of our thoughts. Paul encourages us to "take every thought captive to make it obedient to Christ" (2 Corinthians 10:5). This means being intentional about what we allow to take root in our minds. When negativity tries to creep in, we have the power through Christ to reject it and instead focus on His promises.

So, as you go through this week, **ask yourself: are you letting negativity control your life, or are you thriving through the challenges by trusting in God's goodness?** Remember, with His strength, you can overcome any obstacle. Let's choose to thrive, knowing that God is working all things together for our good.

Peace & Blessings!

+Pastor Ben