

Chapter 3 Positive Thinking

We all have hopes and dreams, but hoping or believing because we want something badly and are convinced that makes it true. There are philosophies, Pantheism for instance, that believe by going through various New Age exercises, things like healing and world peace can come true. If you believe in your hopes and dreams enough, they will come true. The reality is that wishful thinking by itself will achieve nothing. It may make someone feel good for a while, but will long term produce nothing that is positive long term. God and sound reasoning have nothing to do with this kind of thinking.

Scripture is full of verses that are directly connected with thinking positively. The difference with the biblical approach of positive thinking and wishful thinking is that the engine that drives good thoughts is God, through the work of the Holy Spirit. Human fueled positive thinking is short lived; God lead positive thinking is something that is made available to all Christians that will carry them through the worst of days with hope and peace that passes all human understanding.

Read through these, write them out and carry them with you for quick reminders throughout your day. We challenge you to memorize one of these a week!

Philippians 4:6-9: “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”

Philippians 4:12-13 “I know how to be brought low and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”

Jeremiah 29:11 ‘For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.’”

Romans 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Ephesians 4:31-32 “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Hebrews 13:6 “So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

John 14:27 “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”

1 John 1:9 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Hebrews 11:6 “And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”

Romans 8:28-31 “And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified. What then shall we say to these things? If God is for us, who can be against us?”

Philippians 3:13-14 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Hebrews 4:12 “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

Mark 11:22-25 “And Jesus answered them, “Have faith in God. Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”

1 John 4:4 “Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.”

2 Corinthians 4:17-18 “For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

Matthew 11:28-30 “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Psalms 50:15 “And call upon me in the day of trouble; I will deliver you, and you shall glorify me.”

Matthew 6:33 “But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

Nahum 1:7 “The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him.”

1 Thessalonians 5:16-19 “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit.”

Romans 8:28 “And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

Luke 12:7 “Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.”