

# **EXCITEMENT AND CREATIVITY**

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All achievement, all earned riches, have their beginning in an idea. An idea is the starting point. The idea when accepted will develop to become a vision, dream or goal. This is one half of the secret of success.

The power that signals success is the power of your mind. How to make life say yes or no to your plans and ambitions resides in your mind. What you think can bring success or failure. There is power in your mind. There is power of life and death in your mind.

*“For as he thinketh in his mind, so is he.” (Prov.23:7)*

*“As in water face answers to face, so the mind of a man reflects the man.” (Prov. 27:19)*

It is therefore your responsibility to use your mind positively and creatively to bring good, success and riches to your life

## **WHAT CREATIVITY IS**

Creativity is the potential to create via the imaginative faculty of the mind of man. Creativity is the God-given ability within man through the process of thinking, processing of information and analysis, proffer solutions to the problems of life.

There is no man with a greater creative power. All brain has the same capacity. It is the use and exercise of the brain that makes the difference. Creative thinking is hard work and requires time and effort. It calls for deep thought in concentration. Creative thinking is putting the brain to work positively.

There is a positive and negative use of the mind:

- (a) Positive use of the mind brings happiness, good health, success, prosperity and long life.
- (b) Negative use of the mind brings sadness, depression, high blood pressure, sickness and diseases, failure, poverty and untimely death.

## **FOUNDATION FOR CREATIVE THINKING**

**1.** Necessity is the mother of invention. It unlocks the brain causing ideas to flow in order to meet the need on the ground. Necessity is the mother of creativity. When a man is in a tight corner, he thinks of the way out.

**2.** Problems give birth to creative thinking. The desire to solve a problem, change a situation, leads to creative thinking. When there is a problem, there will always be a way out. Every invention is a solution to a problem. Every creation of God or man is to meet a specific need, which was a problem at that time to someone or some people.

A positive, creative thinker does not in the face of a problem react, he responds to the challenge through creative and resourceful thinking to overcome. Never stop what you are doing because things are not working out well; success is around the corner. Don't give up. Only think, pray and believe your way out of the problem. Always

remember that, “tough times never last, but tough people do”; “When the going gets tough, the tough gets going”; when the roads are rough, the tough rise to the occasion”.

You only need good ideas to make it. You have to think, meditate, research and pray to get good ideas. Reach down into your brain, and you will get something by the grace of God. Open your mind to God, ideas will flow in. One of these will be the idea that God means for you to grab hold of.

*“As for you, the anointing you received from him remains in you, and you don’t need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit – just as it has taught you, remain in him.” (1 John 2:27)*

*“His mother said to the servants, ‘Do what he tells you’”. (John 2:5)*

Never take no for an answer. Keep on keeping on no matter how hard the going may be. Go for ideas.

3. A state of dissatisfaction leads to creative thinking. Those who are satisfied with what they have and where they are can never think creatively. It is for only those who want to make more progress. It is only the desperate that think of how to move forward, the satisfied don’t.

When you are irritated about your position in life and experience, you will think. The desire to end poverty, lack, frustration, stagnation and mediocrity will always lead to creative thinking.

4. The pursuit of excellence causes a man to think creatively. There is nothing in its finished stage. There is always room for improvement. The desire to improve on your achievements will make you think creatively.

5. The drive to be ahead of others makes a man to think creatively.

6. The desire to remain relevant makes a man to think creatively. When there is nothing at stake, you are not challenged or propelled to think. Creative thinking is the answer to the problems of life.

7. The desire to make a name or be famous makes a man to tax his brain and produce great products.

### **KNOW THIS**

1. With creative thinking, every condition can change for the better.
2. With creative thinking, advancement and prosperity is inevitable – it is a must.
3. Great thinkers are great achievers.
4. Every time there is a problem put the brain to work.
5. Our brains become magnetized with the dominating thoughts which we hold in our minds, and by means with which no man is familiar, these “magnets” attract to us the forces, the people, and the circumstances of life which harmonize with the nature of our dominating thought.
6. It is said that man can create anything he imagines. Whatever the mind of man can imagine, or conceive and believe, it can actualize. So, don’t throw away that idea that is forming in your mind.

7. A healthy thought life is necessary for the mind to be creative. Evil thoughts hinder the mind from being creative.

### **THE RELATIONSHIP BETWEEN EXCITEMENT AND CREATIVITY**

Atmosphere is very important if one will think creatively. The atmosphere around you determines your experience. A loving and peaceful atmosphere inspires creative thoughts. Unloved people hurt. And hurting people are impaired creatively. Love is a motivator in life. It has been proven by research that those who are loved and in a loving relationship do better than those who are not loved. A loving environment is a creative environment. Bitterness of the heart clouds the mind from thinking creatively. Hate is a hindrance to creativity. Worry is a burden on the mind of man. Worry is a negative use of the mind, and it produces negative consequences. Creative thinking is the positive use of the mind, and that is not a burden to the mind.

An excited man is a creative person. Excitement makes the brain function well. And when the brain functions well, the body experiences good health. Excitement is a state of the mind. The condition of your mind determines excitement. Without excitement, creativity is nearly impossible.

Your thoughts determine excitement. This calls for positive thoughts. Negative thought pattern should be abandoned to enable your creative ability to function very well.

*“A happy heart makes the face cheerful, but heartache crushes the spirit.” (Prov. 15:13)*

*“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” (Prov. 17:22)*

*“A man’s spirit sustains him in sickness, but a crushed spirit who can bear.” (Prov. 18:14)*

From these passages, you can see that the state of your mind determines your mood and feelings, and feelings and mood determine creativity. If you don’t feel good, you can’t think well. If you are not in good mood, definitely you can’t think straight. Exciting (good) news makes the mind and body to be excited. When the body is excited, it stimulates the brain to think creatively. This is the reason why God discourages man from worrying about matters because it hinders – it takes away excitement from man. Heartache crushes the spirit. When a man’s spirit is crushed, he can’t think straight or creatively. What you give your mind to is very important if you wish to creatively make progress in your life. Give your ears to good news. Give your ears to words of faith.

God made man and gave him a brain that man may give him rest. He expects man to think. All that man has invented already existed in God before man was made. He planned it that man through the creative ability he has given him will bring into this world all that he planned before the foundation of the world. Therefore, it is very important that you use your brain to create what does not exist in your life, home and business. Creative thinking is divine.

What you feed your mind with is important if you want to be an excited person in life. One of the above passages says,

*“.....Good news gives health to the bones.” (Prov.15:30)*

It is obvious that the information fed to the human mind affects his mood and health. Good news gives health to the bones because good news excites the mind, and when the mind is excited the whole body feels it and benefits from it. As a result, the health of the man is bettered. Today it has been proven that much laughter is good for the health of man. It brings healing to the sick body. Evil and depressing thoughts squeeze life out of man. It destroys the body system and organs. So when the body is excited, through healthy thoughts, the body wakes up again as the brain begins to function properly and send out healthy signals to all the parts of the body. What you give your ears to matter a lot. What you read matter also. The information you send to your brain will either make you better or worse than ever. To be creative therefore, you must deliberately as a matter of policy, diligently feed your mind with the information that is healthy and stimulate excitement. Information that weighs a man down is not good for you. Don't give your ear to gossips and stories that are capable of making you sad.

Unpleasant experiences always come to us from time to time. It comes when we are not expecting them. Praying that one does not go through challenges does not stop it from coming. Many times we allow the challenges of life to weigh heavily on our minds to the point that joy and excitement is taken out of our lives. The plan of God is that you and I will go through the challenges of life without being shattered by them. We must guide our minds and keep it from being taken over by the problems we face for us not to be shattered by them. Depression is a state of the mind. It is all a matter of how we use our minds during crisis. This is God's promise:

*“Thou will keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” (Isa.26:3)*

If your mind is focused on God and not on the problem that confront you, you will not be shattered by it and you will be able to live an excited life in the midst of the problem. Never focus on the problems of life. Focus on God and his word concerning you and your situation. By so doing you will live an undisturbed life. The peace of God will keep your heart if you do not worry about the problem. This will create the environment for creative thinking.

### **CREATE AN ENVIRONMENT THAT WILL EXCITE YOU**

The environment you find yourself in can excite you or depress you. The people you surround yourself with can excite you or depress you. The kind of music and discussion you listen to can excite you or depress you. It is your responsibility to create an enabling environment that will inspire you and make you creative. Re-evaluate all your relationships to know the ones to keep, especially the ones that inspires and makes you happy. There are some people you meet, and after meeting with them, you feel guilty and unhappy about the things you have said and done together. Such people are not good company if you want to remain creative. Surround yourself with what inspires and gets you excited and does not leave you with guilt.

Stress drains energy and hinders creativity. Avoid stressing yourself. There is nothing that stresses a man like worrying about the problems of life. Learn to hand over your life affairs to the Almighty God who loves you so much that he offered his only begotten Son for your redemption. Keep away from anything that drains your energy. Anything that weighs heavily on your mind negatively will definitely drain your mental energy, thereby making creativity impossible.

Fatigue is an enemy of creativity. The mind functions well when it is relaxed. When the body is well rested, the mind is ready to work creatively. Rest when it is needed. Don't overwork yourself. Hard work does not mean that you should not rest when your body is tired.

### **CONCLUSION**

The relationship between excitement and creativity is such that every effort should be made by all to remain an excited person every day of our lives. Excitement will bring out the best in you and set a crown of honour on your head. Excitement will make you a smart person. Excitement will make you an interesting and delightful worker. It will make you a sought after personnel. Excitement will win you many friends because people want to associate with people who are exciting and enthusiastic about life.

Get excited about life. Get excited about your job, school, career, relationship, spouse, church, your Saviour and your health. Think good thoughts about these and you will always be excited. Excitement is health in manifestation. Make the decision today to live an excited life, and you will be glad you did.