

# THE POSITIVE THINKER

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The scripture teaches us that the thoughts of man influences and controls his actions. Action is a product of a man's thoughts. Words are also products of a man's thoughts. The mind of man is a powerful force and faculty in man. It is so powerful that the scripture says in

*Prov 23:7*

*7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.*

*KJV*

A man is what his thoughts are. That is why one must be positive in thoughts. A man may be born again, possessing the nature of God on the inside of him - Righteous and Holy inside, but because his thoughts are evil, will manifest evil as if he has not been changed.

*Rom 8:5*

*5 Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.*

*NIV*

*Prov 27:19*

*19 For as in water face answers to face, so the mind of a man reflects the man.*

*RSV*

Your life is a reflection of your thoughts. It means that if your dominant thoughts are negative, you will attract to yourself negative results. If your thoughts are positive, you will attract positive forces to give you positive results. You will always manifest your thoughts whether it be love or hate, anger or forgiveness, faith or fear, doubt or confidence, lust or purity, negative or positive. What you think is what you are, is what you will manifest or become. You must be a positive thinker to see positive life.

## **WHO IS A POSITIVE THINKER?**

A positive thinker is a person who is strong, tough, and rugged mentally. He is one who sees every difficulty, but sees it straight. The positive thinker is not dismayed or discouraged by any adversity, setback, or seemingly impossible condition, knowing that he or she is able with the help of our loving Heavenly Father to see through and overcome any difficulty. To the positive thinker, there is always a way, always an answer. To every tough problem, the positive thinker says quietly, "yeah, I know, but...!"

*Luke 18:27*

*27 Jesus replied, "What is impossible with men is possible with God."*

NIV

*Phil 4:13*

*13 I can do everything through him who gives me strength.*

NIV

Then the positive thinker just goes ahead and accomplishes his goals.

The positive thinker always maintains a winning attitude. He does not accept defeat. He believes that there is always a better way of doing it. He believes if one method does not work, another will. He believes that when one door closes, another door opens. He never throws in the towel. He is an optimist. He believes there is no harm in trial. He believes that failing is better than not do anything. He believes that failing is better than not starting. He does not let any idea slip through his hands. Positive thinking is the management of ideas.

The positive thinker never sees himself as a failure and never accepts defeat. He believes that each time failure occurs, it is not him that failed but the project; it is not him that failed but the method or idea. He cannot be a failure and never admits that he failed as a result never gives up trying and looking for the method or the idea that will work and produce the desired result. The positive thinker never gets defeated.

Positive thinking is for strong people: strong in faith, strong in thought, strong in character, and if they are not so, when they embrace positive thinking, the struggle to become positive will make them strong.

Positive thinking is the direct opposite of negative thinking. The negative thinker is a disbeliever, while the positive thinker is a believer. The one is full of self-doubt; the other is endowed with self-confidence. The one gives up when confronted with difficulty; the other rises to the occasion when the going gets tough. The negative thinker through hopelessness shuts off the flow of creative ideas, the positive thinker drawing upon faith in God and self opens wide the channels of inflowing power and creativity that produces amazing results. The positive thinker imagines the possible and attracts success to himself and his projects.

Positive thinking is the disciplined separation of negative thoughts from positive thoughts. Positive thoughts are those that hold undeveloped potential for good. Negative thinkers are people who instinctively react negatively to a positive-laden idea. They always look for reasons why it can't be done. They quickly abort an idea and forget about it. They always have more points against an idea than they have points for. But the positive thinker looks at every idea to see if it has possibilities for its actualization.

The positive thinker is a faith thinker, faith believer, faith talker, and faith actor – Positive thinking is not outside of faith, but faith itself. It is all about a positive mental attitude that makes it possible for God to assist man and perform his miracles in love.

*Heb 11:6*

*6 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

*NIV*

Positive thinking is for you the reader if you want to make it in life. You need to be positive in your walk with God, marriage life, relationships, friendships, job, business life, academic life and family life. You must become a positive thinker for you to have fulfillment.

### **THE POSITIVE THINKER AND DISCOURAGEMENT**

The positive thinker sometimes gets discouraged because he has human nature. But the positive thinker does not remain discouraged because he learns how to deal with this feeling. Events affect the mood of man. Therefore, life is a mixture of light and dark, up and down, joy and gloom. It is a rhythmic variation of levels. It is easier to let the "down" cycle take over than to maintain the "up" cycle of spirit. For a man's spirit to be high in the midst of adverse circumstance, it requires strong desire, strong will and effort, with a pattern of uplifting thoughts.

As a positive thinker you must take charge of the mood cycle - you must take charge of yourself. You must not allow events to determine your mood. You must learn to be joyful always - maintain a high spirit. When discouragement sets in, don't let it continue, quickly make your thought control bring it upward. Through positive thought pattern lift yourself out of any discouraging mood. Never sink into discouragement.

It is not what happens to you that matters. It is what you think about what has happened to you. When you think negatively, you sink into discouragement. But when you think right, objectively rather than emotionally, positively rather than negatively, you absolutely take corrective action.

A thought is something that goes on in your mind, and something you can control if you decide to do so. Every believer has self-control built within him or her. It is part of the life of Christ received at the new birth which all can manifest if we submit to it. Discouragement is an accumulation of gloomy thoughts. You can choose to either entertain these depressing thoughts or throw them away. The choice is yours. You need will power – you need to make up your mind.

Discouragement in a sense is a kind of retreat where we can escape reality and soothe ourselves in self-pity. It is deadly and can take away the desire to live and fill one with suicidal thoughts and desires. Discouragement has led many to serious depressions that blew their minds completely and they ended up in the psychiatric hospital. Some up till this day have not been able to recover completely from the effects of depression as a result of the discouragement they had sometime in their past.

Positive thinking is vital to keeping your spirit always high, so high indeed that discouragement cannot break it. The positive thinker is a creative thinker, a cool objective thinker in whatever situation he finds himself. He is never emotionally overwhelmed by problems. He knows that every problem contains the seed of its own solution that in all difficulty there is buried some great possibility. Therefore, to him a problem is not inherently bad, something to be afraid of or avoid. It is a challenge or an opportunity containing some inherent good. Therefore, when a tough problem presents itself, he is not frightened by it certainly not discouraged by any lack of ability to handle it. Instead, he stands up to it, believes it may contain amazingly great values, and humbly knows that he has what it takes to extract those values from it.

### HOW TO OVERCOME DISCOURAGEMENT

1. You must really want to overcome discouragement - you must be determined about winning over it.
2. Learn to observe a quiet-time daily to meditate on the love and faithfulness of God. It will help to diffuse every tension, and turn your mind off the problem unto God for solution.
3. Have someone listen while you talk out your burden. When discouragement piles up, threatening to crush your spirit and frustrate your positive attitude, go to some understanding person who will listen creatively completely empty out the mass of accumulated dark, gloomy and miserable thoughts. The mind, if it must function well, must never be overburdened by negative thoughts, discouragement included.
4. Pray out discouraging thoughts. Through prayer you reach out to God for supernatural help to maintain a positive attitude, and for a change of circumstance.
5. Creatively think your way out of your problem. Once a state of peacefulness is achieved within, the mind is now set to objectively analyze the situation or problem and through the help of the Holy Spirit, come up with a solution.
6. Praise your way to victory. Praise releases joy, praise is the answer to discouraging thoughts. It shows one's confidence in God. Praise helps in moving the hand of God to move the problem. It is a discouragement lifter. Praise Him no matter your condition.

### SPEAK WISELY

Positive thoughts give birth to positive words.

*Luke 6:45*

*45 The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. **For out of the overflow of his heart his mouth speaks.***

*NIV*

Therefore, every positive thinker must drop the negative word habit. Positive thinkers drop every negative word that gets in the way of personal growth and development - words such as "if", "can't" and "impossible". They simply eliminate them from their vocabulary and thinking.

A negative word is a symbol of negative concept that can be harmful. Dropping it is of super importance. In fact, it is good to go so far as to bury such failure-generating words. Speak wisely, speak words that reveal positivism, speak words that reveal your confidence in God and in yourself. Speak words that reveal hope and faith. Speak the words of a winner not a loser. Speak the words of an optimist. Speak what you want to see and not the undesirable you are seeing.

*Prov 18:20-21*

*20 From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied. 21 The tongue has the power of life and death, and those who love it will eat its fruit.*

*NIV*

What you say is what you see. What you think is what you are - its what you become. What you think is what you say, and what you say is what you see - it's what you will have. These spiritual laws are forever fixed in the heavens. It does not and cannot change. It is not a respecter of persons. You will always harvest your thoughts. The same way, you will always harvest your words. Your life shall be filled with the harvest of what your mouth have spoken. Every word is a seed which must bring forth fruit tomorrow.

To speak wisely, you need to think wisely. A positive thinker is a positive speaker. All negative, limiting defeatist words must be dropped. Speak what you want to see and you will see exactly what you spoke.

### **CONCLUSION**

Positive thinking brings the best values to those who are dedicated to achieving the best. And we all, I believe want the best for ourselves and for our families. Would you like to have the best, or are you actually willing to settle for something less than the best? Of course, you would choose the best. To have the best, you need to think the best, not the worst, because in the long run you tend to get what you think.

If you really want to know what you are likely to be five or ten years from now, all you need to do is read the thoughts that are now dominant in your mind. In time the continuity of your dominant thought pattern will activate the forces within and outside you to produce the outward conditions that correspond to your basic thinking. ***Your thoughts form your future.***

**Thoughts materialize in the physical.** You cannot see a thought, but you can trace its effect. And all your thoughts add up to result. In due course you become precisely what you habitually think.

Watch what you think. Set your mind on what you want to be. Think on the word of God. Think positively and live positively.

## SUCCESS TIT-BITS

1. Before God, the true state of a man is revealed. God cannot be deceived or mocked. It takes sincerity to please God and walk with Him. Can you say of yourself that you are sincere with God?
2. Love and affection for God is a function of a decision. Your decision about your relationship with God determines how you relate with Him. Fervency or lukewarmness is a result of a decision. Decide to be close to God and fervent in serving Him today and you will be glad you did.
3. God is too deep to be fully comprehended. To think that one can know God fully once or in a short period of time is deception. It takes a consistent searching and digging deep into the word of God, fellowship and close communion in heartfelt prayers to grow in the knowledge of God and in His power. Make up your mind to dig deep into God, and be consistent in seeking Him.
4. God or money will rule your life.
5. God wants you to be a good worker and not a good job keeper.
6. Potential needs work to manifest itself.
7. When you refuse to work you deny yourself the opportunity to fulfill your purpose.
8. Work is much more important than honor because it brings the learning that releases your talents abilities and capabilities.
9. Work because you want to know what you can do and not because you want to get paid. Working just to get paid will not develop you to become who God wants you to be.
10. Heavens closes over those who despise men of God.

## WISDOM FOR ASSOCIATION

1. Self-discovery enhances relationship for you cannot relate well except you have a working knowledge of your person.
2. Pointing the accusing finger is not a way to solving relationship problems, but critically evaluating the issues at stake and accepting responsibility for the wrong done and going a step further to dealing with personal weaknesses will solve the problems.
3. It takes sincerity to make a good friend and partner.
4. Recognition of the truth that what is lacking in you is in another will help you value people and relate well with them.
5. Character problems are major reasons why friendships don't last. Take a good look at yourself now and clean out what needs to.
6. Your integrity will always be remembered more than your sweet words and gorgeous dressing.

7. **When God wants to bless a man, He sends him a person with what he needs. It takes those who value relationships and are sensitive in the spirit to recognize them and take advantage of the opening and connection.**
8. **Go where you are needed and you will be highly honored.**
9. **Do not expect everybody to believe in you and in your dream for not all will. Believe in yourself and prove to the world you are worth something.**

## **RENEWING THE MIND**

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