

“I Can Do All Things Thru Christ Who Strengthens me!”

FAITH

(F) FORWARDING

(A) ALL

(I) ISSUES

(T) TO

(H) HEAVEN

Overcoming negative thoughts and worries and changing the negative tapes in your head to positive ones by positive self-talk...Casting out the old and putting in the new! This takes making a decision that you are going to do it and putting it into action by practicing this day by day; and asking the Lord to walk with you and help you accomplish this new behavior. Negative thoughts and self-talk easily become a habit, and a way of life; but we all can be Overcomers with a decision to change; and we can be confident that the Lord will be there to help you along as you make efforts to accomplish your goals.

Here is two great scriptures about how our attitude should be:

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

1 Thes. 5:18 and “Giving Thanks Always for all things unto God and the Father in the Name of our Lord Jesus Christ.” Eph. 5:20
No matter what the circumstances are; we can always find things to be thankful for, and having an attitude of thankfulness will help us to be willing to learn a new behavior that lines our minds up with the Word of God!

We need to school our mind to agree with what God says about us, and things, and stay renewed in our minds by being in our Bibles everyday if possible, as we can. But we can do that too with practicing what we learn, and repetition of positive self-talk over time. We can overcome all obstacles when we **choose** to and make a commitment to do it, friends.

Instead of saying like, I’m a worrier...with much practice, we can consciously stop and say something positive, like No, I’m not going to worry...I’m giving my worries to the Lord...

and if it’s fear we can say, “God says to fear not, and I’m not going to be afraid, and for example, we could say, “I’m putting my problems at Jesus feet, and leaving them there.”

There are some Bible verses I’m going to share that you can use about these things. These are just two examples and I think you can understand my meaning by them.

Now for some overcoming Scriptures: You could confess parts of the verses or all of the ones you choose to use; some I have personalized.

“Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you.” “Let not your hearts be troubled, neither let it be afraid.” Jn 14:27

“Fear thou not: for I am with thee: be not dismayed, for I am thy God: I will strengthen thee: Yea, I will help thee! Yea, I will uphold thee with the right hand of My righteousness.” Is. 41”10 (I took this verse along when I took my driver’s test and it helped me greatly!)

Jesus will keep me in perfect Peace because my mind is stayed on Him, and because I Trust in Him! Is. 26:3

“I can do all things thru Christ who strengthen me!”

Phil. 4:13 I am more than conqueror and overcomer thru Jesus who loves me.

“And we know that all things work together to them that love God.” “If God be for me, Who can be against me!”

“He that spared not His own Son but delivered Him up for us all, how shall He not with Him also, Freely give us all things!” Romans 8 I will cast my cares upon the Lord for He careth for me. 1 Peter 5:7

“For the Lord God is a sun and a Shield: the Lord will give graciousness and glory, **No Good thing with He withhold from them who walk uprightly.**” Ps. 84;11 “Greater is He that is within me, than he that is in the world.” 1 Jn. 4:4

“I will Trust in the Lord with all my heart and Lean Not unto my own understanding.”

Pr. 3:5

Jesus said, “If ye abide in Me, and My words abide in you, ye shall ask what ye will, and I shall be Done unto you!” Jn 15:7

Jesus said, Ask and ye shall receive, that your joy may be full. Jn 16:22

“ My God shall supply All my Need according to His riches in glory by Christ Jesus.”

That means every kind of need, not just money)

You may feel like you are in a trap or place you can't get out of but the keys are Faith and Trust in Jesus; our Help, who will help you get out of your difficult places, and with your efforts, too; which is what we say and think, and also do.

And when we fall, down; knowing that we can get back up and start again, everytime we become and tired and slip backwards, because the Lord will help us get back up...Nothing can separate us from the love of God, which is in Christ Jesus! As His children we are All overcomers, if we **choose** to be, instead of saying, “I always...I can't...we can say, I can and I will, I choose to make this positive change; and with practice it becomes more and more easy to do. The wonderful thing is that we can give our worries and fears to Jesus and if we take them back again, we can just keep stopping ourselves and handing them back to Him again...because He is able and wants to carry our burdens. Psalms 55:22 says, to “Cast our Burden upon the Lord, and He shall sustain thee: He shall never suffer the righteous to be moved.”

“Be careful (anxious) for nothing; but in everything by prayer and supplication, with thanksgiving, let your requests be made known unto God.”

“And the Peace of God which passeth All understanding keep your hearts and minds thru Christ Jesus.” Phil. 4:6-7

“But thanks be unto God who always gives the Victory thru our Lord Jesus Christ!”

1 Cor. 15:57

“Now unto Him that is able to do exceeding abundantly above All that we ask or think, according to the power that worketh in us!” Eph. 3:20

“The thief cometh to steal, and to kill, and to destroy: I am come that they might have life, and that thy might have it more abundantly.”

Jn.10:10

