

How to overcome
negative
thoughts and
have a positive
mindset. By Erica
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The first way to overcome negative thought patterns and toxic mindsets is to be careful of the company you keep. There are people in your life that are sent from the enemy to distract you and take you away from God and from your purpose. So we may need to be careful of who we allow into our lives. Many people have a hidden agenda or motives. The people in our lives can influence us to sin and be led captive away from Jesus Christ and his will for our lives.

If you are surrounded by negative people, then you are going to think negatively. Those negative people are going to drain your energy. If you are surrounded by toxic people, then those toxic traits are going to affect you. A person that you are around may gossip a lot, and then when you are around them, you catch yourself gossiping too. So you may need to distance yourself from those people with hidden motives and intentions.

Ask the Holy Spirit who he wants you to separate from and let go of. Ask him if there are any counterfeit relationships in your life that you need to let go of. He will show you who belongs to him and who does not. Not everyone is meant to go with us where God is

taking us. Many people are in our life for a season, and after that season is over, it is time for them to go. Then, we should ask God to send in new people in our lives who will help us to grow in our gifts and purpose. He will send those right people across our path at the right time. But we first need to be willing to let go of the wrong people; then God will send in the right people.

The next step to overcoming negative thought patterns and thinking more positively is to think, meditate, and pray the scriptures. This will help us to renew our minds so that we can have the mind of the Holy Spirit. When we read God's word, think about it, or just pray over it, it will change the way we think. This helps us to grow spiritually in our faith and relationship with Jesus Christ. It also helps us to think more positively and have a faith-based mindset.

Philippians 4:8 says, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

These are some of the things we should be thinking about. When our minds are focused on the news or on radio and television shows, that is when we can start thinking negatively. We want to turn off the television and focus our minds on things that are above or heavenly things, such as the Bible, prayer, worship music, Christian books, sermons, and podcasts. These are things that will help us to draw closer to God and deepen our faith and relationship with him. Also, when we think on these things, we are sowing into the kingdom of God. We sow into the kingdom of God when we read the Bible, pray, worship, or serve others. Those works will last for eternity and will lead to a reward when you get to heaven.

The next step to overcoming negative thoughts is to be thankful and grateful. There is so much we can thank God for every day we wake up. We can thank God for waking us up and giving us life and breathing. That is a blessing and gift from him that we take all for granted. So as we go throughout our days, we can give thanks to God for everything that we have and for all that he has given us. When we have a heart and attitude of gratitude, it will help us to think more positively. Being

thankful will change our mindset and perspective. Psalm 136:1 says, "O give thanks unto the LORD; for he is good: for his mercy endureth for ever." 1 Thessalonians 5:18 says, "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

We can also change our mindset and perspective by purposely thinking positive thoughts throughout our day. We can remind ourselves of God's promises and of his word. We can confess and declare the word of God confessions throughout our day. We can confess our identity in Christ and speak positive affirmation throughout our day. We can place these confessions on notecards and read them out loud over ourselves through the day or week. This will help center our thoughts and our minds on God.

Proverbs 18:21 says, "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." Romans 4:17 says, "As it is written, I have made thee a father of many nations,) before him whom he believed, even God, who quickeneth the dead, and calleth those things which be not as though they were."

The next step to overcoming negative thoughts is to talk to God about overcoming the negative thoughts. Pray and ask God to help you to think more positively and to help you set your mind on things above and not on things on the earth. You can ask him to help you to overcome the lies of the enemy, Satan, by filling your mind with truth and with faith-filled content. The Holy Spirit can change the way you think and can remove any toxic mindsets from you. He can remove any foul mouth or words curses you may speak over yourself and others. He can change you to where you do not gossip or complain about anything. He can give you his mind and mindset if you ask him. Matthew 7:7 says, "Ask, and it shall be given you..."

Another way you can overcome negative thoughts or patterns is by seeking counsel from other like-minded believers. These believers who are trusted can pray over you and help encourage you in your faith walk and relationship with Christ. It is good to surround ourselves with like-minded believers who can pour into us in a godly way. They can help us to overcome these thoughts and lies of the enemy by speaking truth over us and by praying for us. So this is something that can help you in your walk with God.

Proverbs 27:17 says, "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."

The next step to help you overcome negative thought patterns is to identify triggers. Identify what triggers you to think negatively. Then, once you figure that out, you can address the problem with a solution. There may have been trauma from past hurts, wounds, or disappointments that needs to be healed. Once that is healed, a person can be free from these negative thought patterns such as anxiety, depression, worry, or fear.

A person may have a fear of driving because of a recent car accident. That person may need to overcome the negative thoughts by driving again. Once that person starts driving again, then they can be free from the fear and anxiety that they have behind the wheel of a car. 2 Timothy 1:7 says, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. Fear is not from God, but is from the enemy. When we know that, we can overcome it through scripture, healing, and deliverance."

Another way a person can overcome negative thought patterns is to challenge negative thoughts with more positive ones. Anytime a negative thought arises, you, that person, can replace that negative thought with a scripture from the word of God. That person can replace those lies by speaking truth over oneself. We can also rebuke any lies of the enemy, Satan and rebuke the negative thoughts one is having in their mind. 2 Corinthians 10:5 says, "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

Lastly, forgiving others can help with overcoming negative thought patterns. When a person is holding onto unforgiveness, that person may have a hard time overcoming negativity. But once the person forgives the other person or people that have wronged them, then they can think more positively and let go of bitterness and resentment. Matthew 6:14-15 says, "For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

