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LETTING GO

TRUSTING GOD &
SHIFTING YOUR
MINDSET

by.
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Ok Ladies, let's talk. If you had to list 10 things that make you amazing and unique, could you? Or in the midst of coming up with that list, do negative thoughts slip through? For me, there was a time when negative thought patterns were a constant. My soul and self-esteem were so broken after experiencing back to back disappointments.

I found myself continuously depreciating my value and questioning my validity in so many areas. I tried to fill those voids with so many different things, but it didn't work. It seemed like everything I reached for fell through the cracks of my life like sand. It was because I didn't fully surrender it to the Lord. So I ask you, what are some things that you are "trying to do on your own" that need to be surrendered to the Father?



I had to realize, if I wanted to get my power back, I had to make a decision. I had to learn to let go and let God do what only He could do. I had to let go of fear, bitterness, unforgiveness and anger. I had to make a choice. I had to trust that He could take the shattered and broken pieces of my heart and life; and create a mosaic so beautiful that it caused others to stand in awe. If you surrender your pain and concerns to the Father, He can do that with you. He is forever faithful. He can turn your pain into something more beautiful than you could ever imagine. It's at these crossroads in our lives where we can choose to surrender or choose to continue doing our own thing. In **1 Peter 5:7**, we are reminded to give Him our cares, our worries, our anxieties our pain, because He cares about us. We are the apple of His eye.

So, if you are tired of doing this on your own. If you are weary from carrying the weight by yourself; If you want to soar and become all that you were fashioned to be, you must let go. You must also shift your mindset. Remember, you can never live a positive life with a negative mindset. Life doesn't have to be perfect to be enjoyed.

Here's an assignment:

Write down the negative thoughts you have and replace them with positive ones.

Say them to yourself as you look in the mirror. Then train your mind and emotions to think on the positive.

Just as the ship's wheel steers the boat and controls the course, so does your mindset. What direction has your mindset steered you towards?

What course are you currently on? What do you see?

Can you see possibilities on the horizon or are you focused on a potential shipwreck?

My friend if you are the latter, I challenge you to "Shift" your focus and steer towards where you truly want to go.

The Bible talks about how the devil comes to "Steal", "Kill" and "destroy". So ask yourself every time those unproductive thoughts run through your mind, how is it serving you?

Is it stealing something from you (Your peace, your hope, sleep?), Is it trying to "kill" something or destroy something? It's time, to be honest with yourself and shift your mindset.