

Good morning & Happy Monday,

Monday Morning Thought:



I woke up this morning, with this verse ringing in my spirit. Yes, this is the day that the Lord has made, and I will rejoice and be glad! Though it is Monday, and we all know that Mondays can bring unusual circumstances, I am determined to rejoice ***"No Matter What!"***

Regardless of what you may encounter on this Monday, I pray that the words ***"No Matter What,"*** will rise up in your spirit. Come on, let's practice. Stand up tall (or sit up straight, if you are still in bed), lift your hands to the Lord and declare ***"NO Matter What,"*** I am going to praise you on this Monday! ***"No Matter What,"*** I shall be victorious. ***"No Matter What,"*** my light will shine. ***" No Matter What,"*** God will be glorified! ***"No Matter What!"***
Have a blessed and wonderful day!

Attached, please find Reflection #10

Pray for me, as I pray for you,



Thirty Day Journey

Day 10

Verse of the Day:

“You will keep in (perfect and constant) peace the one whose mind is steadfast (that is committed and focused on You—in both (inclination and character), Because he trusts and takes refuge in You (with hope and confident expectation). (Isaiah 26:3 AMP)

Reflection:

Stay Focused! Thoughts are sneaky and they lie. They lie a lot. Often it is the uninvited thoughts that provide the emotional fuel for anger, depression, anxiety, defeat, and unhealthy behaviors such as making inappropriate food selections. If we never question our erroneous negative thoughts, we will believe them, and then we act as if the lies are true. For example, if we think we are a failure, even though we have had much success, we are more likely to give up easily.

Let’s begin noticing our thoughts. Whenever you are tempted to give up during your 30-Day Journey; ask yourself, “Is it true?” For example, the thought comes: “I have no control.” Is it true? “It’s too expensive to eat healthy.” Is it true? “I had a bad day yesterday; I may as well give up.” Is it true? “It is my genetics.” Is it true?

If we stop believing these lies and replace them with accurate thinking and God’s truth and promises, we will feel more hopeful, and will be “more than a conqueror,” in life and during our 30-Day Journey.

Prayer:

Father, we know that You will keep us in perfect peace, if we keep our minds on You, and remain focused on You. Help us to recognize the lies that come to defeat us and to cause us to give-up. Help us to recognize all the self-defeating thoughts. Help us to remember the three small words: “Is it true,” as we continue this 30-Day Journey; and as we strive to live life abundantly. In Jesus’ Name, Amen.

