

Good morning and Happy Thankful Thursday (or whatever day you're reading this!),

Mighty is Our God! Hopefully, that is your declaration this morning as well.

I am on the launch team for a book that will be available, February 23, 2020, written by Kim Avery, who also was one of my life coach instructors/mentors, and now friend. One of my duties is to review the advance pdf of the book, the "Prayer Powered Entrepreneur." As I read, my eyes fell on the following: **"Difficulties are invitations from God to embrace our inadequacy, lean deeply into Him, and experience the beauty and sufficiency of Christ. Obstacles are amazing opportunities to draw closer to Him."**(Kim Avery)

For me, this was a pause and reflect moment. Kim concluded her statement by writing: During life's journey, we'll learn things like:

- When we are weak, Christ is strong,
- When we are confused, Christ is wise,
- When others reject us, Christ still accepts us,
- When we are anxious, Christ is our peace,
- When we are discouraged, Christ is our hope,
- When we are scared, Christ is our Rock, and
- When we are faithless, Christ is Faithful.

What a wonderful reminder. As we continue our Fast journey, let's think on these things. **Attached, please find the Daily Reflection.**

Question: *Can you see a common theme in all of our reflections thus far? Is it a coincidence, or could it be that God is speaking to us? Perhaps, it is just me.*



Pray for me, as I pray for you,



Thirty Day Journey

Day 6

Verse of the Day:

“Whatever is True, whatever is Noble, whatever is Right, whatever is Pure, whatever is Lovely, whatever is Admirable—if anything is Excellent or Praiseworthy—think about such things.”
(Philippians 4:8 NIV)

Reflection:

Change your mind—According to Pastor Rick Warren, part of staying focused is being able to develop mastery over the quality of our thoughts. Every time you have a thought, your brain releases chemicals. Negative, angry, and hopeless thoughts produce negative chemicals that make your body and mind feel bad; by contrast, positive, happy, and hopeful thoughts produce chemicals that help you feel relaxed, happy and in control of your impulses.

What you think, determines how you feel. What you feel, determines the way you act, and what you do. What are you thinking right now regarding your 30-Day Journey? Really focus on your thoughts. If you are thinking, “I can’t do this,” you probably won’t. But if you are thinking “I can do all things to Christ who strengthens me,” you will be successful. What’s on your mind?

Prayer:

Father, as we continue on this 30-Day Journey, we ask that you change our minds and thoughts. Get rid of all “stinking thinking.” Help us to discipline our mind to have accurate and honest thoughts as we choose to focus on Your Word. There are so many distractions that compete for our attention, help us to renew our minds and focus on your plan and priorities for our lives. Help us to live in the fullness of the mental, spiritual, emotional, and physical health that you want for us. In Jesus’ Name, Amen.

