

We all have some measure of wrong believing in our lives. Just ask yourself: “Have I often felt anxious, worried, or fearful that the worst would happen to me and my loved ones?” These negative, exhausting emotions are merely ‘red flags’ that indicate what we truly believe about ourselves, our lives, and God. When we are stressed, worried and fearful all the time, we are living as if we don’t believe that we have a strong and able Shepherd who is tenderhearted toward us, who leads us to good places, who protects us, and who lovingly watches over us. So if stressing, worrying or being fearful seems to be your natural ‘default mode’, what you need to do is keep hearing and learning about how much God loves you, and how precious you are to Him. That is why the way out of constant negative thinking is not a matter of just thinking positively; it’s birthed out of knowing you have a personal and intimate relationship with a loving Saviour who watches over your needs and tends to you as a loving Shepherd. The more strongly you believe that He is taking care of you, the more it will change your thoughts and feelings, and the less you will fall victim to unhealthy emotions and behaviours.

So, if you need freedom from a bad situation, see Jesus, your good Shepherd, leading you out of it by His Word that brings life and illumination. The psalmist says it this way: “Your Word is a lamp to my feet and a light to my path.” (Psalm 119:105) In The Message translation, it says: “By your words I can see where I am going; they throw a beam of light on my dark path.” The Lord wants to throw a beam of light on your path today, and always. Whatever you are struggling with presently, no matter how insurmountable your challenges may appear, when you start believing right, things are going to start turning around for your good!

Psalm 23:1-4 “The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.”