

Do you realize that your life follows your thoughts? You cannot think defeat and have victory, or weak and have strength, or not-able-to and accomplish your dreams. Instead of thinking weak thoughts, start thinking power thoughts. "This sickness is no match for me. This disease cannot stop my destiny. This business trouble is not how my story ends." Victory starts in your mind. Success, breakthroughs, and new levels depend on your thinking.

Are your thoughts helping you or hurting you? Are you thinking defeated thoughts such as: "I'll never get well, never accomplish my dreams, never break this addiction"? You are choosing the direction your life is going to go. Pay attention to what your mind is dwelling on. If it is a negative, discouraging, fearful thought, don't give it the time of day. Tune out that defeated thought and think power thoughts. "Something good is going to happen to me. Favour is surrounding me like a shield. Goodness and mercy are following me. No weapon formed against me will prosper." Think what God says about you.

Proverbs 4:23 "Be careful what you think, because your thoughts run your life."