

11 09 2011 POSITIVE THINKING

Lately, I have been sharing messages about dealing with the trials and tribulations of life, of overcoming tough times. Here is more on POSITIVE THINKING. I'm Ken Trahan & Welcome to Walking in the Word with Williams Blvd. Baptist Church.

POSITIVE THINKING is extremely important to our earthly existence. Our daily outlook can go a long way toward determining whether we have a good existence.

POSITIVE THINKING is, well POSITIVE. It is also Biblical. Philippians 4:8 says, "Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue & if there is anything praiseworthy—meditate on these things."

Proverbs 17:22 says that a joyful heart is good medicine. That's POSITIVE THINKING. We can be POSITIVE is knowing the promise of Romans 10:13—"For whoever calls on the name of the Lord shall be saved." We can take comfort in knowing that Jesus is the same yesterday, today & forever, Hebrews 13:8.

People & circumstances conspire to bring you down every day, to depress you. Instead of focusing on what you don't have, focus on what you do have—eternal life in Jesus Christ. The glass is full of the river of life. A friend recently shared a POSITIVE message illustrating the power of POSITIVE THINKING. Here's the text.

"John is the kind of guy you love to hate. He is always in a good mood & always has something POSITIVE to say. When someone would ask him how he was doing, he would reply, 'If I were any better, I would be twins!' He was a natural motivator.

If an employee was having a bad day, John was there telling the employee how to look on the POSITIVE side. This approach really made me curious, so one day I asked him, 'I don't get it. You can't be a POSITIVE person all of the time. How do you do it?'

He replied, 'Each morning, I wake up knowing I have two choices--to be in a good mood or to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone complains, I choose to point out the POSITIVE side of life. I choose the POSITIVE side of life.'

Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or a bad mood. It's your choice how you live.'

I thought about what he said. We lost touch but I never forgot what he said. Several years later, I heard that he was involved in a serious accident, falling 60 feet from a communications tower. After 18 hours of surgery & weeks of intensive care, he was released from the hospital with rods in his back. I saw him about six months later.

When I asked him how he was, he replied, 'If I were any better, I'd be twins. Wanna' see my scars?' I declined to see his wounds, but I did not ask him what had gone through his mind as the accident took place.

'The first thing that went through my mind was the well-being of my soon-to-be-born daughter,' he replied. 'Then, as I lay on the ground, I remembered that I had two choices—I could choose to live or I could choose to die. I chose to live.

The paramedics were great. They told me I was going to be fine. But when they wheeled me into the ER & I saw the expressions on the faces of the doctors & nurses, I got really scared. In their eyes, I read, 'he's a dead man.' I needed to take action.'

A big nurse asked me if I was allergic to anything. 'Yes,' I replied. 'Gravity.' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.' He lived, thanks to his doctors & due to his amazing attitude which I learned from.

In Matthew 6:34, Jesus says, "Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." After all, today is the tomorrow you worried about yesterday. Today is only yesterday's tomorrow. Choose POSITIVE THINKING today so you will awaken smiling tomorrow.

For a text copy, e-mail me @ kentrahan@aol.com & ask for POSITIVE THINKING. For Pastor Tim Williams, thanks for joining us. I'm Ken Trahan. God bless you!