

Find Happiness by Setting Your Mind on Things Above

If you're having trouble accessing heaven's resources, you're probably trying to live in two kingdoms at once.

Maybe you've gotten stuck in the world's way of thinking and you're trying to live from the outside in. That happens to a lot of believers. Although they're born again, they're still operating like they're in Babylon, trying to meet their own needs.

That doesn't work. Instead, you must live according to the Bible's principles. "Seek the kingdom of God" and **His way of doing things** first (Matthew 6:33) and "set your mind what is above" (Colossians 3:2). In other words, get your mind off this world's system and get it on God's kingdom. Start functioning like a citizen of heaven and drawing by faith on the limitless resources that belong to you in Christ Jesus. Start living from the inside out.

Your loved ones who are already in heaven, aren't worrying about this world's system anymore! They live with every need fully supplied all the time. They are experiencing **true happiness**, and even though you're still on earth, that's how you're supposed to be living too. The Body of Christ hasn't fully done this yet, but we're headed that way. We're learning to live more and more from the inside out as citizens of heaven and experience true, God-given happiness!

May God help us to walk wisely and live free. May He remind us daily to set our minds on Him. May He give us the power we need to extend love and light to a world that desperately needs His hope, xo Heather

10 STEPS TOWARDS HEALTH & HAPPINESS

A happier, healthier life is within your grasp. In fact, it's right between your ears. **Your thoughts play a powerful role on your quality of life**, so begin implementing these five steps and start enjoying a healthier thought life today!

1. Recognize the Source of Your Thought Life

Look at what Ephesians 6:12 says: "For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places." The enemy would love to keep you enslaved to negativity, sadness and hate. He is working overtime to keep you from accessing the freedom that is available to you.

Write a Prayer asking God for you to accept His freedom (use the space below or your journal)

2. Recognize That Jesus Has Defeated the Enemy

Jesus paid the price for any sin that you committed, and also for any sin that was committed against you. All of the sadness and anger that you have experienced in your life has been covered by the blood of Jesus. First John 1:7 explains that “if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.” Jesus has already paid the price to set you free from whatever is the source of your negative thoughts.

What sadness or anger are you dealing with? Write it down and shadow it with a RED pencil or marker and pray the blood of the Lord Jesus over these thoughts daily (possible seek Pastoral Counseling in that area to learn to exchange it with Gods promises)

3. Take Charge of Your Thoughts

Negative thoughts are like a rabbit trail. You can either choose to follow the trail, or you can stop yourself at the beginning. Second Corinthians 10:5 encourages you to handle negative thoughts like this: “Casting down imaginations, and every high thing that **exalts itself against the knowledge of God**, and bringing into captivity every thought to the obedience of Christ” (KJV). Commit right now to arrest any negative thoughts. Don’t go down that rabbit trail! Instead, take a stand by saying, “I cast this thought down. By the blood of Jesus, my thoughts will no longer control me. They will, instead, be obedient to Jesus!”

Write some thoughts that you want to CAST DOWN

4. Open Your Bible

Begin studying God's Word to find out what it has to say about your situation. If your thoughts often run toward anger and resentment then find out what God's Word has to say about **those subjects**. If lust tries to trap you, then discover what God's Word has to say about that. If self-doubt plagues you, then study about the love of God. Second Timothy 3:16-17 says, "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work." Let His Word begin to prepare and equip you!

Write down subjects that you are dealing with in your personal life. Then google what scripture verses match this area.

5. Focus on the Good

"Finally, brethren, **whatsoever things are true**, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8, *KJV*). Surround yourself with good influences that bless God. Make sure that the music you listen to, the media you watch, the social media you visit and the friends you talk with build you up. Avoid people and situations that are going to draw you back into negative thought patterns and keep you from the freedom that is yours. Improving your thought life is a process, so begin today.

*Jesus said in John 10:10, “I am come that they might have life, and that they might have it more abundantly.” Don’t let **stress** keep you from having an abundant life.*

Implement these five steps and get your life moving in the right direction!

1. De-stress Your Life by Making Time for The WORD

Sounds counterproductive, doesn't it? You believe you don't have enough time to accomplish everything on your to-do list, but in reality, the only way to truly de-stress your life is to get God's perspective on it.

Just like gas in a car, The WORD fuels your life. Without it, you'll coast along for a while, but eventually, you'll run out of gas. Life will begin to feel overwhelming. So spend time in The WORD daily. Let it correct you as you meditate on it and act as though it is true—because it is! *Thank you for investing in the study of PROVERBS with me this month!*

2. De-stress Your Life by Recognizing the Work of the Enemy

There will always be unexpected developments in your day—a last-minute meeting at work, a clothes dryer that suddenly quits. That's life. But there are other times when the devil deliberately attacks you. As you spend time in The WORD, you'll be able to **recognize** those attacks for what they are. When he attacks, resist him and he will flee (James 4:7).

3. De-stress Your Life by Protecting Your Mind

There are stressors all around you—the media professing doom and gloom, movies and television shows proclaiming ungodly values, even family members who have embraced secular psychology. With all of that unbelief swirling around you, you must make the quality decision to protect your mind and heart (**Proverbs 4:20-23**). That means turning off the television, connecting with strong, godly friends and protecting your Bible study time.

4. De-stress Your Life by Caring for Your Physical Body

Your body is the temple of the Holy Spirit (1 Corinthians. 6:19-20). If you have let exercise slide because you are too busy to do it, then you open the door to attacks from the enemy. Care for your body by meditating on healing scriptures, feeding it healthy food and exercising each day. *Make A Plan*

5. De-stress Your Life by Cutting the Extras

Most likely, if you are battling constant stress, then there are too many things crying for your attention. You must determine which things in your life God has given you to do and which things you have added on your own. Press into God for help in determining what it is that He has directed you to do, then do that first. Everything else is subject to being cut from your schedule.

Jot a list/ brain bump on the what you can cut out

Jesus died so that you could live an overcoming life. In John 14:27, He said, “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.” Don’t let stress steal your peace and joy. Commit to making time for The WORD, recognizing the enemy’s attacks, protecting your mind, caring for your body and cutting the extra things that demand your attention. As you press into The LORD for what you should do each and every day, He will help you de-stress and enjoy your life!

The truth is, if we’re not:

- Coming to Him daily
- Asking for His help
- Seeking to hear His voice
- Opening up His word
- Praying
- and Thanking Him for the work that He’s doing in our lives

Then we will never be able to fully “*set our minds on things above.*” We just can’t operate in our flesh, trying to live out His Word. It doesn’t work. We will not be HAPPY! The number one way to begin to see things from God’s perspective is to come before Him daily, or many times through each day, learning to walk with Him and recognize His power and presence in our lives.

God loves us more than we could ever fully know. He longs to help us and is always there. His words of life remind us that He is our strong tower. He promises to draw near

to those who are seeking after Him, and is faithful to see us through the struggles of this world. He will provide Joy and help you with the bitterness of life.