

## RENEWED MIND

There is only one moment in which we can experience anything – and that is NOW. People spend too much time dwelling on the past or the future. (Philippians 3:13)

Science says that our intelligence is measured by our ability to solve complex problems. A truer barometer of intelligence is an effective, happy life lived each day and each present moment of every day.

Feelings are not just emotions that happen to us. They are reactions that we CHOOSE to have. We control our feelings by working on the thoughts that precede them.

Learning not to be unhappy can be challenging because changing our thinking is not always easy. It requires repetition and there will be a transition period. Once we make the transition, it is almost “automatic.”

Taking charge of yourself requires determination to be happy and to destroy each and every thought that lends itself toward self-immobilizing unhappiness. (II Cor. 10:5)

Develop strategies to help build the habit of staying calm when things go wrong.

Immobilization is the indicator of negative emotions in our lives. It can range from total inaction to mild indecision and hesitancy. Virtually all negative emotions immobilize us to some degree. This alone is a solid reason for eliminating them.

Learn to live in the present moment. Balance the need to plan for the future without sacrificing the present. If the purpose of the present is just to prepare for the future, then logically, we could never attain happiness.

Complaining is the refuge of those who have no self-reliance.

Frequently, avoidance of the present leads to idealization of the future. At some miraculous moment in the future, life will change. With that attitude, one usually finds that the event, when it comes is disappointing.

Self-worth cannot be verified by others. You are worthy because the Word says you are.

Loathing ourselves only leads to immobilization and damage. (Romans 8:1)

Self-love is accepting yourself as a worthy person because you choose to do so.

Useless emotions – *guilt* for what has been done and *worry* for what might be done. Both past and future fronts can immobilize us. Guilt means that we use up our present moments being immobilized as a result of past behavior, while worry is the contrivance that keeps us immobilized in the now about something in the future (frequently something over which you have no control).

Fear of failure is a powerful fear, one inculcated in childhood and often carried throughout life. Failure does not exist; it is simply someone else's opinion of how a certain act should have been completed.

There may be times when we fail in a given task, according to our own standards. The important thing there is not to equate the act with our own self-worth.

Anger is a choice, as well as a habit. It is an immobilizing reaction experienced when any expectancy is not met. Like all emotions, anger is a result of thinking. Anger, when used in any relationship, will almost always encourage the other person to continue to act as he has been.

We have the choice of what and when to think. We are the sum total of our choices.