

“THINKABOUTIT” THOUGHT FOR THE DAY

Wednesday; January 16, 2008

The other day, as I was reading an article about health and fitness, I came across an observation that I thought was pretty insightful. The author noted that in our fitness programs, negative thoughts are like weeds ... if we pay attention to them and feed into them, they will grow and develop; but, if we ignore them and in a sense, emotionally starve them, they will wither and we will be able to win the mental game.

Whether it's with a fitness program, self-esteem or spiritual temptation, there is a validity to this observation. When we have a bad, evil or negative thought; by focusing on it, we breathe life into it and allow it to infiltrate our lives. On the other hand, if we put it out of our minds and move on to something more positive, that thought will die for lack of a second thought.

Are we focusing on the negatives or positives? Let's remember, we'll reap what we cultivate.

Think about it! For the Madison Avenue Church of Christ; this is Charlie Wharton.