



PEACE OF MIND

5

Questions to
Reshape Your
Perspective

Introduction

Having a mind that never stops moving and is never at peace can be incredibly exhausting. It not only drains you mentally, but emotionally and physically as well. A mind crowded with nonstop worry, stress, and negative thinking affects every area of your life.

In the Bible, we are promised perfect peace, but how do we experience it in our lives? In this eBook, you'll dive into five important questions to help you evaluate what you allow into your mind and heart. Answering these questions honestly and taking action will begin to change the habits that shape your perspective of yourself, God, and the world around you. You *can* learn to protect your peace of mind!

Chapter 1: What Are You Thinking?

In life, when bad things happen, some people think, "Well, it was bound to happen sooner or later." A recording of negative thoughts begins to play in the back of their mind. They're always imagining setbacks and heartaches. Faulty beliefs about their capabilities kill the confidence they need to build a successful life.

So, if thinking defeated thoughts is so destructive, why would anyone do it?

Our thoughts are habitual. And dwelling on negative thoughts can be very addictive. But breaking this habit of negative thinking can do wonders, and it's easier than you may think. God created us to be creatures of habit, and we can use this to our advantage when developing good habits that overpower the bad.

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Your new life is not like your old life. Your old birth came from mortal sperm; your new birth comes from God's living Word.

1 Peter 1:23 (MSG)

When it comes to overcoming negative thinking, it's great to think positively, but there is an even better way to overcome. **You need to build a good habit that changes you from the inside out.** Instead of just replacing those negative thoughts with positive ones, which is a never-ending job, replace them with God's Word. His Word goes to work on your deepest beliefs, which are the source of your habitual thoughts.

Change the beliefs, and you'll change the way you think.

Jesus says in Mark 9:23 that all things are possible to those who believe. The next time things feel hopeless, recite this verse. Repeat it often and you will replace hopelessness with strength!

Chapter 2: What Are You Saying?

During World War II, the US War Advertising Council developed a slogan, “Loose lips sink ships.” It served as a warning to American servicemen and citizens to carefully guard their words concerning secure information that may have been useful to the enemy.

It’s unbelievable to think that one small slip of the tongue could have cost thousands of lives—or maybe even could have caused the loss of the entire war.

Death and life are in the power of the tongue, and those who love it and indulge it will eat its fruit and bear the consequences of their words.

Proverbs 18:21 (AMP)

**YOU CAN
GAIN
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COURSE OF
YOUR LIFE.**

Words are containers that hold success or failure, health or sickness, happiness or despair. They determine the level of your relationships and impact your physical, mental, and spiritual wellbeing. All too often we speak carelessly without realizing the impact of our words.

God has made you a prophet in the sense that **the things you say today impact your future**. God wants you to have a great life, but in order to speak as though you are headed in that direction, you need to have faith. Romans 10:17 (NLT) says, “Faith comes from hearing, that is, hearing the Good News about Christ.” As you learn God’s promises, you can develop a new language.

The next time you come up against an obstacle, don’t say, “I will never overcome this problem.” Speak out God’s promise to work all things together for your good (Romans 8:28). **With God’s help, you can gain control over your tongue and alter the course of your life.**

Chapter 3: What Are You Open To?

In Matthew 16, Jesus talks about giving you the keys to Heaven. He's giving you authority—or in other words, you have the keys to your destiny.

"I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven."

Matthew 16:19 (ESV)

**YOU HAVE THE
AUTHORITY
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AND UNLOCK
DOORS IN
YOUR FUTURE.**

Imagine if you went into a store and the manager gave you the keys to the building while he went out of town. With keys in hand, you would have the ability to lock and unlock the doors.

This is what Jesus is saying. **You have the authority to lock and unlock doors in your future by the actions you take today**, but here's the problem. Sometimes we lock out things that Heaven doesn't. We don't allow ourselves to enjoy life or relax. Other times we allow things in our lives that you wouldn't find in Heaven. We unlock the door to things that destroy us.

You can unlock the door to positive, life-giving things in your life. On the other hand, you can also unlock the door to negative things. If you are holding on to resentment against someone, you are opening the door to anger and closing it to laughter and joy.

When you close the door to negativity and open it to positive, loving, and encouraging thoughts and actions, you are gaining control over your destiny and choosing a better path. It may not be the path of least resistance, but it will be the most amazing journey of your life.

Chapter 4: Who Are You Spending Time With?

God is always with us. However, we are not always aware of His presence. Let's say you were sitting alone in a crowded restaurant, and one of your good friends was sitting at a table behind you. Unless you turn around, you'll be unaware of their presence. You won't be able to laugh or communicate with them or get to know them better unless your senses are pointed in their direction.

It's the same with God. **He is with you at all times—but are you increasing your awareness of Him?** To spend time with Him, you have to turn your senses toward Him. When you put your focus on Him, you become aware of His presence. That awareness can grow, and you can take it with you throughout your day.

**GOD IS WITH
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"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Joshua 1:9 (ESV)

The next time you feel overwhelmed, turn your attention toward sensing God's presence.

The Bible says in Psalm 16:11 (AMP), **"You will show me the path of life; in Your presence is fullness of joy; in Your right hand there are pleasures forevermore."** When you turn your attention toward God often, it becomes habit—a habit that brings lasting joy. You will be able to set aside your concerns and enjoy your relationships. And it's a beautiful way to live!

Chapter 5: Who Do You Rely On?

God wants you to come to the end of yourself. He wants you to realize the limitations of your own human effort so you will realize that you need Him.

Now, that doesn't mean God wants you to struggle and suffer through life. We can't blame Him for stuff that life throws our way. **But He did not create us to go through life alone. He designed us to rely on Him.**

You can develop the habit of relying on God instead of your own strength and abilities by:

**DEVELOP THE
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1. Admitting that you need Him.

2. Praising Him despite your circumstances. When you think about what God has done in your life and you thank Him, it pushes out fear and doubt. Even when you know you can't handle the pressure on your own, you have confidence in His power and ability.

3. Asking Him for what you need. Hebrews 4:16 tells you to come to God boldly, fearlessly, and confidently. He'll give what you need, just when you need it. Ask and then thank Him for what you trust He's going to do.

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Hebrews 4:16 (NLT)

Do not look at the storm you're facing today. Do not rely on your feelings. Feelings are fickle; they change several times a day. Instead, tap into the secret of living stress-free. Get into the habit of relying on God, not your strength, and His supernatural peace and strength will permeate your life.

Conclusion

As a believer, you have access to peace that passes understanding. Learning to walk in this peace transforms your life from one focused on negativity... to one focused on hope for the future and gratitude for what you've been given.

Let's take a look at the five questions we've covered:

- **Chapter 1:** *What are you thinking?* Be aware of the thoughts you focus on and allow to control your mind.
- **Chapter 2:** *What are you saying?* Understand the power of your words and strive to speak words that continually encourage and uplift.
- **Chapter 3:** *What are you open to?* Close the door to negative things in your life like stress, worry, and anger and allow the doors of opportunity, joy, and growth to open.
- **Chapter 4:** *Who are you spending time with?* God is always with us, but we need to spend time with Him continually and practice sensing His presence in our lives.
- **Chapter 5:** *Who do you rely on?* Rely on God's strength instead of your own. He will get you further than you could have ever gone without Him!

We pray that the five questions above have helped you to evaluate your current perspective on life and God. Answer these questions honestly, take action to fix what needs to be changed, and begin to walk in God's perfect peace!