DEALING WITH DESTRUCTIVE THOUGHTS

FRANCIS JONAH

Dealing With Destructive Thoughts

How To Deal With Negative Thoughts And Emotions

Spiritual Warfare Book 2

FRANCIS JONAH

IMPORTANT

My name is Francis Jonah. I believe all things are possible. It is because of this belief that I have achieved so much in life. This belief extends to all. I believe every human being is equipped to succeed in every circumstance, regardless of the circumstance.

I know the only gap that exists between you and what you need to achieve or overcome is knowledge.

People are destroyed for lack of knowledge.

It is for this reason that I write short practical books that are so simple, people begin to experience immediate results as evidenced by the many testimonies I receive on a daily basis for my various books.

This book is no exception. You will obtain results because of it.

All scriptures are taken from the King James Version of the Bible unless otherwise stated.

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INTRODUCTION

The foundation of every agenda of destruction is initiated through thoughts.

You do not have to go far to realise this truth as in the very beginning that same scenario is evident.

For the devil to cause the first man to fall, he introduced a thought to Eve who then led Adam to go against God thereby leading to the fall of man.

The account is both informative and educative:

Gen 3:1 Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

Gen 3:2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

Gen 3:3 But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

Gen 3:4 And the serpent said unto the woman, Ye shall not surely die:

Gen 3:5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

The devil introduced a thought into the mind of Eve and that was all he had to do to cause the destruction and fall of man.

Destructive thoughts are all around us and it is important that we learn how to identify them, deal with them and overcome the destruction they set in our wake.

It is for you r own advantage to be able to identify the thoughts that are working against you in life. This is because many lave the surface of the earth without even knowing there were thoughts that were destroying them without even knowing.

You must understand that the Bible says that the devil is subtle. It means if it were up to him, he will destroy you without you even knowing he is the one

behind it.

This has been the case in many lives. Before they realise, it is too late. The devil has had his way in their lives.

In this book, you will learn how to deal with negative thoughts as well as the emotions that are produced as a result of these thoughts.

You will learn how to cultivate a healthy thought life that will lead you to good success and healthy emotions.

These are very important because without them, irrational behaviour and wrong results will be the order of the day in your life.

If happiness is a priority for you, then you must make sure that negative and destructive thoughts are completely eliminated from your life.

Your happiness in life is mostly controlled by your thought life. A great thought life leads to a happy life eventually. A depressing thought life will obviously lead to a depressing life too. These things must not be taken for granted.

That is why you are being given the tools and materials to make sure that you take the victory that belongs to you in this area of your life.

It is possible to be in control of what remains in your mind and your thinking. It is possible to determine what you focus on. It is possible to see the plans of the devil for your thought life from afar and deal with it accordingly.

This book is a life saver. Read it several times if you must. Recommend it to anyone that needs peace and healthy emotions and together we will overcome the agenda of destruction of the enemy through destructive thoughts.

CHAPTER ONE:

WHAT ARE NEGATIVE AND DESTRUCTIVE THOUGHTS?

Negative and destructive thoughts are simply thoughts capable of spreading negative and destructive results in the lives of people.

Some of these thoughts include:

Thinking you are a victim, instead of thinking you are a victor

Thinking nothing good will come out of you, instead of thinking great things are within you

Thinking people leave you because you are not good enough, instead of thinking you are too good for them.

Thinking things happen by chance, instead of thinking we make our own chance.

In the later chapters, we will elaborate on more examples of these negative and destructive thoughts and their effects.

Negative and destructive thoughts are capable of producing undesirable things in our lives. The list of these undesirable things is endless. They include:

Pain

Failure

Sickness

Lingering Guilt

Sadness

Crime

Fear

Paralysis

Although this is not an exhaustive list of the undesirable things these negative and destructive thoughts can cause, they give a glimpse of the havoc these thoughts can cause. Let us delve deeper into them to really understand their effects.

Pain

If you have ever felt emotional pain before, you will know that no medicine from a doctor can be prescribed to relieve it.

Negative and destructive thoughts can lead to a lot of pain. Many are the individuals wounded and in pain because of this.

When you feel cheated by someone because in your thinking, you deserve more than you got, it can lead to such pain.

When you think someone will be with you forever and the person leaves all of a sudden, it leads to such pain.

When you think you have been used and abandoned by another, it leads to such pain.

When you think you have been humiliated by someone you did not expect such treatment from, you will experience such pain.

When you think no one loves and appreciates you, you will feel such pain.

I know you can relate to a lot of these scenarios based on personal experience or observation. The pain such thoughts cause is immeasurable. What you need to understand though is that certain actions lead to those

thoughts but eventually, it is the thoughts that cause the pain. When you think differently about the events or actions you can certainly feel better.

Failure

Failure is another consequence of negative and destructive thoughts. You can imagine what happens at the end of the day when you think rebellion to authority or selfishness is the best way to live.

For that reason, you rebel against everything and anything at all you come across.

You rebel against your parents and thus do not listen to anything they say. You do what you want and finally get the results that your actions deserve.

You rebel against school authorities and then find yourself unable to complete school or further your education.

You rebel against the laws of your state and find out bitterly that the consequences are life shattering.

You rebel against spiritual laws and reap results that cause miserable failure.

What you need to understand is that the negative and destructive thought to rebel is what led to that result.

Sickness

Negative and destructive thoughts cause sickness. When you clearly know the health risks of cholesterol and smoking yet you think in your mind that you are somehow miraculously different and because of such thinking keep smoking and pumping cholesterol into your body, you are in for real trouble.

When the time of manifestation is due, all types of sicknesses would spring up and they will not spring up because you are the most hated person

on earth, they will spring up because you thought even though smoking is harmful, it could not harm you.

Neither did you think excessive drinking or sexual immorality could lead to different kinds of sicknesses. Such thinking is destructive and leads to all kinds of sicknesses eventually.

Lingering Guilt

Negative and destructive thoughts cause guilt. Guilt is a pointer to show you that what you did was not good. But feeling guilty all your life is not the right way to go.

There are people who still feel guilty for something that happened thirty years ago. The devil is the merchant of the thoughts that produce such guilt.

Every person must learn to overcome guilt and the thoughts that lead to guilt. The essential thing is that lessons must be learned from the mistakes that caused the guilt. After that the thoughts that lead to the guilt must be dealt with else the guilt will linger and could have even worse consequences.

Sadness

Sadness is another thing that negative and destructive thoughts can cause.

Of course, you can be sad because you lost a loved one or something. But that sadness or grieving must be a choice, not something that takes control of you every time because of certain thoughts you allow to fester in your life.

There are certain people who are sad today because of thoughts of tomorrow. Without knowing what tomorrow even brings, these people harbour thought that make them sad and pessimistic about their future.

Sadness is a direct result of your thinking. If you find yourself in a continual state of sadness, you must quickly understand that a negative and

destructive thought is working hard in your life.

Crime

Negative and destructive thoughts can lead to crime. In a generation where many opportunities abound, one negative thought can lead you into all sorts of crime.

Crimes like robbery, murder and blackmail are all due to the thoughts people think. Some people think there are no opportunities apart from stealing to make a living.

Others think they are entitled to that which belongs to others hence their desire to take that which belongs to others instead of fighting for their own.

There are many negative thoughts lurking around that can lead people into theft and all sorts of crimes.

Fear and paralysis

Negative and destructive thoughts can lead to fear and paralysis.

Negative thoughts are one of the reasons people are afraid of certain things or certain people. Indeed, so powerful are such thoughts that it has prevented people from travelling by air.

Some have never invested their money before and many others have not even attempted to start a business or get married.

This fear induced by negative and destructive thoughts prevent people from taking action and getting any results in life.

I am confident you now have an idea of what negative and destructive

thoughts are. If they are operating in your life, I pray that you will expose them and deal with them once and for all.

CHAPTER TWO:

NEGATIVE EMOTIONS

These are emotions that arise out of wrong thinking. Such emotions more often than not hurt those who entertain them as well as those around them.

Negative emotions can also lead to several wrong decisions, the consequences of which can be fatal.

Although these emotions can be channelled in a positive way, they mostly produce undesirable results.

It is in your best interest to avoid negative emotions so that your life can be free of the toxic negative emotions introduce.

Some negative emotions include:

Hatred

One of the negative emotions that arise out of negative thoughts is hatred. Hatred is an intense dislike for something or someone. It is good to hate evil as the Bible says, but hatred towards other humans is not recommended in the Bible.

This nonetheless is the case in many lives. If you find yourself hating other people, it is mainly because of your thoughts concerning them. This emotion of hatred can lead you to do and say certain things you would not do or say in another situation.

Pro 10:12 Hatred stirreth up strifes: but love covereth all sins.

Proverbs 10:12

Hatred leads to all types of conflicts, wars and feuds. This does not augur

well for the parties involved as there are consequences that can be far reaching.

Lives may be lost, businesses, relationships and what have you which may never be regained. The damage caused by hatred alone is dire. This is the reason that emotion must be dealt with.

Jealousy

Jealousy is another negative emotion that has the potential to cause havoc. It refers to the thoughts or feelings of insecurity or fear over a relative lack of possessions or safety.

Jealousy has caused a lot of crime and sadness in many lives.

You can be jealous of siblings, co-workers, neighbours, friends or even superiors.

Such emotions could lead people to make certain decisions that could affect them wrongly in the long term.

Jealousy is an emotion that destroys even the life of the jealous one. It takes away your peace and sometimes your self-esteem.

It is an emotion you must learn to deal with else the consequences could be catastrophic. Along the paths of life are many individuals who have been destroyed by jealousy.

From lovers, to competitors, to rivals, jealousy has found a way to enter into the equation. In many cases the consequences of the entrance of jealousy are grave.

Envy

Envy is another negative emotion that is not healthy if tolerated. It is the feeling of discontent or resentful longing triggered by someone else’s

possession, qualities or achievements.

Envy causes you to have an unhealthy hatred for someone else's possessions. When envy sets in it arouses other emotions and causes you to lose focus in life.

Envy leads many people to engage in things like sabotage, backbiting and smear campaigns.

It is a sad truth that envy has not helped anyone that allowed it to take control of him or her. Rather it has destroyed lives and made people laughing stocks in public.

When there is envy, it is even difficult to acknowledge or appreciate the success of others.

Anger

Anger is another negative emotion that has caused more harm than good. In fact, it is one of the most visible of the negative emotions as well as the one most people engage in.

It is a show of antagonism towards someone or something you perceive has deliberately done you wrong.

When you act in anger, you say and do things that you would normally not do. These things can further increase the conflict between the parties involved or lead to something else.

Anger has led to divorces, it has led to murders, in has led to the destruction of property and many more.

It is such a fierce and dangerous emotion that it has led many people to all sorts of trouble.

Sadness

Sadness is another negative emotion that robs people of their peace and happiness. Sadness is an emotional pain associated with, or shown by feelings of disadvantage, loss, despair, grief, helplessness, disappointment and sorrow.

Sadness has a way of destabilizing a person and making him or her passive. There are many people who sadness has paralysed to the extent that they cannot do anything for themselves.

Grieving for a moment is acceptable, but being in a constant state of sadness is a no-go area for any person.

Other negative emotions like bitterness, shame, frustration and depression should be controlled as much as you are capable of doing.

They have not helped anyone and the earlier they are spotted and dealt with once and for all, the better it will be for everyone.

If negative emotions have taken over your life, understand that there is hope for you. This book will help you gain the victory over these emotions.

The next chapter will help you know the kind of thoughts to think to avoid negative emotions as well as destruction. Knowing the thoughts to think will help you know the thoughts to avoid or deal with when they occur to your mind.

CHAPTER THREE:

THOUGHTS T0 THINK TO PREVENT NEGATIVE EMOTIONS AND DESTRUCTION

In this book as well as the book “The Power of A transformed mind”, we have proved that the emotions we exhibit and the results we produce in life are caused by our thoughts or thinking patterns.

In that light, if we are able to control our thoughts, we will also be able to control our emotions as well as our results in life.

This chapter will introduce you to the thoughts that God has approved for you to think that will help you escape the prison of negative emotions and destructive results.

These thoughts will show you the direction your thoughts should go as well as the thoughts you must avoid.

It is interesting to note that for a long time in my life I permitted certain thoughts that led to certain emotions as well as results only because I didn’t know the Bible had spoken about them and the fact that I must avoid them.

When I discovered the thoughts the Bible encouraged me to dwell on and the ones to avoid, my life took a turn for better. My decision making was better and my whole experience of life improved.

This chapter will help you greatly because in essence you will be killing two birds with one stone. Once you know the thoughts you must think, you essentially become aware of the ones you must avoid.

God in His wisdom didn’t leave us His children helpless. He gave countless solutions to us in His word and those who are diligent in their search for the solutions as if they are searching for gold always encounter life changing truths.

Indeed, the writer of the book of John said it so beautifully:

Joh 8:32 And ye shall know the truth, and the truth shall make you free.

John 8:32

The truth you know is that which will set you free. As long as you are ignorant, you will remain in bondage. The truths present in the word of God will set you free from negative emotions and destruction once and for all.

The Bible in helping us choose the things we must think about set a few things clearly enough that all could comprehend and follow. These keys are bound to give a healthy thought and emotional life to anyone that heeds them.

Php 4:8 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

The keys in this passage of scripture are of critical importance to anyone that will succeed emotionally and results-wise. Let us take them individually and apply them to our lives.

You are about to discover the things you must think about on a daily basis as well as the thoughts you must avoid for your own good.

Glory to God.

Think on things that are true

One of the most important things to focus and think on are things that are true. You must only permit thoughts that are true in your mind.

That way, you will be able to have only good emotions coming out of you. The truth about any situation or any individual is what God says about that situation or individual.

The opinions of others or your own opinion does not matter here. Truth is what the word of God says. The Bible affirms this when it states:

Rom 3:4 God forbid: yea, let God be true, but every man a liar; as it is written, That thou mightest be justified in thy sayings, and mightest overcome when thou art judged.

Romans 3:4

God’s words and opinions alone must be true when they stand toe to toe with our words or opinions.

It means when you think you are a failure you need to determine if that is the truth according to God’s words.

In God, you are more than a conqueror, as such every thought that tells you that you are a failure is not true. You must not give in to it and the emotions it evokes.

Rom 8:37 Nay, in all these things we are more than conquerors through him that loved us.

Romans 8:37

It is very easy to look at the things that happen to you and accept certain thought about yourself or your situation.

As a believer, you must know that the true measure of a man is the word of God. That is the only standard or description you must accept for yourself.

There was a genuine case like that for a man called Gideon. He thought he was weak and fearful. That thought was a lie. Even though he thought they were true, they were not God’s opinion about him.

When God revealed to him the truth about himself, he rose to prominence and actually delivered the nation of Israel.

Jdg 6:11 And there came an angel of the LORD, and sat under an oak which was in Ophrah, that pertained unto Joash the Abiezrite: and his son Gideon threshed wheat by the winepress, to hide it from the Midianites.

Jdg 6:12 And the angel of the LORD appeared unto him, and said unto him, The LORD is with thee, thou mighty man of valour.

Judges 6:11-12

The angel spoke the opinion of God concerning Gideon. In God’s eyes, he was a mighty man of valour. That was the truth about him but Gideon himself and the people around him had a different opinion of him. This opinion he stated clearly of himself:

Jdg 6:15 And he said unto him, Oh my Lord, wherewith shall I save

Israel? behold, my family is poor in Manasseh, and I am the least in my father's house.

Judges 6:15

One of the tricks of the devil is to make you focus on the lies you have told yourself as well as the lies others have said concerning you.

These lies tend to bring about negative emotions and other consequences. It is high time as a believer you think and focus on things that are true.

Your focus must be on the word of God because that is where you will find real truth. Your own mind and the people around you can spew lies to you. That is why you must not focus or pay attention to what they say.

Rather, focus your thinking on what God says. If focusing on true things will eliminate negative and destructive emotions, then focusing on lies can have the effect of awakening these emotions.

You need to make a decision for yourself. When situations happen and the thoughts in your mind all say you have failed, know that in God you are a success. The very fact that you are alive is a success in and of itself. It is a battle you have won.

When thoughts come that you will not amount to anything, know that the truth of the word of God is that God has a great future for you. An expected end.

Lies are one of the key weapons of the enemy to harbour negative emotions in you. Do not fall victim to these lies.

You are beautiful. Your mistakes do not define you. The opinions of others or your own negative opinions of yourself are not what God thinks about you, they are not the truth.

You can be loved again. You can make it in life. God cares about you.

Beloved, it is essential we get into the word of God and discover things that are true, so that we can focus on them.

Some people might think because they stole something sometime ago, they are thieves, meanwhile God thinks of you differently. He sees you as His royal priesthood once you can believe in Him and accept His forgiveness and

righteousness by faith. Stop beating yourself down and accept the truth of what God says about you.

Think on things that are honest

When you think about honest things, you generally give room for healthy emotions to come into your life. You also create space for powerful results in your life.

These honest thoughts lead to honest actions and honest results. Results that you can be proud of and celebrate for years to come.

Think of any time you have thought honest thoughts and done those things. You would clearly remember that they generated the best of emotions within you.

Think of the honest thought of the young lad who gave his bread and fish to feed the multitudes. When the bread was multiplied and all were fed, you can imagine the joy that erupted in his heart.

Joh 6:9 There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many?

Joh 6:10 And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand.

Joh 6:11 And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would.

John 6:9-11

It was not a simple thing the lad did. Another person could have thought and therefore said that it was theirs and they would share with no one.

Not this child. He had honest thoughts. Not to bring disadvantage to anyone and because of that he took the right action that brought him a lot of joy.

On the contrary, dishonest thoughts always breed negative emotions. Some people sit and think of how to do evil to others. These thoughts cannot be classified as honest.

They are dishonest to say the least and they evoke the necessary negative and destructive emotions that would help these thoughts become a reality.

The good Samaritan out of honest thoughts that the injured person had to be helped evoked the emotion of sympathy which caused him to be of service to the injured man.

You can only imagine the thoughts that went through the minds of the priest and the Levite for them to behave in a manner that could only arise out of hatred or a lack of sympathy.

Luk 10:30 And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead.

Luk 10:31 And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side.

Luk 10:32 And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side.

Luk 10:33 But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him,

Luk 10:34 And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.

Luke 10:30-34

When your thoughts are honest, you do not evoke negative emotions that could lead to your destruction as well as the destruction of others.

When your thoughts are honest, even if others are wrong or deserving of negativity, you do not repay them with such.

Dishonest thoughts breed, anger, hatred and the desire for wickedness. It is to your own advantage to stop thinking or focusing on such thought and do as God says.

Think on honest things. If the thing is not honest, do not think about it, even if it enters your mind, do not dwell on it.

Think on things that are just

When you think about things that are just, that are righteous, hardly do negative emotions find breeding grounds in your life. You will also create the kind of environment that breeds success.

Just thoughts are a very firm check to prevent you from wishing things on people you would not want for yourself.

They are the kind of thoughts that urge you on to exude different ranges of positive emotions and positive action.

If you want healthy emotions, one of the best things to think about are just thoughts.

Thoughts that lead you to how you can help people or do them good.

When you begin to think unjust thoughts, you begin to create the room and the right environment for negative emotions to prosper.

One day Cain began tot think unjust thoughts. These thoughts provoked the mentions of hatred and envy in him to the extent that he murdered his own brother.

Don't be mistaken beloved, unjust thoughts can lead to fatal consequences much beyond your own comprehension. Normally, when such things happen, you will realise that the culprits were under the influence of strong negative emotions.

The story of Cain is shown here:

Gen 4:3 And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD.

Gen 4:4 And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering:

Gen 4:5 But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.

Gen 4:6 And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?

Gen 4:7 If thou doest well, shalt thou not be accepted? and if thou doest

not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.

Gen 4:8 And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.

Genesis 4:3-8

The action of Cain was because we were angry. The root of the anger though was the unjust thoughts he had towards his brother. These thoughts were the real culprit of the murder.

Had he dismissed the unjust thoughts towards his brother and kept his focus on just ones, the murder would never have happened.

In the thinking of Cain, Abel had gotten something that should have been his, he thought Abel was more favoured than him, he thought he had been treated unfairly by God because of Abel. This thoughts and others led him to take action against his brother. Obviously, they were unjust thoughts.

He could have rather given way to just thoughts like, Abel has done well, next time I will do better looking at the example of Abel.

Another just thought could be Abel did what God wanted, I will also strive to know what God wants and do so.

The final just thought he could have dwelled on was, Abel has excelled, let me go and congratulate him and celebrate with him.

It is important to dwell on just thoughts so that the right emotions are stirred up.

Think on things that are pure

Pure thoughts are a blessing to the thinker. They create room for such peace and serenity that your life becomes one that people wish they had. They refer to thoughts that are uncontaminated that you can easily offer to God.

Your demeanour when you think pure thoughts is one of smiles and joy. You have not thoughts of malice or wickedness towards others so hardly do you say negative things about people.

One of the keys to success in life is how great your relationship with people are. When you think pure thoughts, you have great relationships. Even when people wrong you, you do not think evil of them.

It is easy to still exude pure emotions as a result.

The contrary is true of those who think impure thoughts. Destruction lies all around them. What we call peace is an alien to where they reside. The people around them hardly stay because of the toxic environment around them.

People become victims of the impurity of their thoughts, actions and emotions. The cruelty of impure thoughts cannot be fathomed and mostly lead to regret at the end of the day.

Tit 1:15 Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.

Tit 1:16 They profess that they know God; but in works they deny him, being abominable, and disobedient, and unto every good work reprobate.

Titus 1:15-16

One day an impure thought landed in the mind of the wife of Herod's brother whom Herod had married. She suggested to her young daughter to request the head of John the Baptist from Herod.

This simple thought led to destruction as well as negative emotions that had the tendency of affecting the daughter of Herodias negatively.

The story is worth reading:

Mar 6:22 And when the daughter of the said Herodias came in, and danced, and pleased Herod and them that sat with him, the king said unto the damsel, Ask of me whatsoever thou wilt, and I will give it thee.

Mar 6:23 And he sware unto her, Whatsoever thou shalt ask of me, I will give it thee, unto the half of my kingdom.

Mar 6:24 And she went forth, and said unto her mother, What shall I ask? And she said, The head of John the Baptist.

Mark 6:22-24

The sad events that happened and the negative emotions that spread throughout Israel and even the household of Herod were the results of the impure thoughts harboured in the mind of one woman.

Had she discarded the impure thoughts and focused on pure thoughts, the events of that day wouldn't have been so fatal and black.

Beloved, it is essential to think pure thoughts else the events that can unfold as a result of impure thoughts together with their consequences may be beyond our sphere of control.

Remember the words of the psalmist:

Psa 1:1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

Psalm 1:1

Pure thoughts are a blessing. Do well to dwell on them and you will avoid destruction and negative emotions.

Think on things that are lovely

Lovely thoughts refer to thoughts that provoke love. These are thoughts that will cause you to act in love and compassion towards other people.

If you permit such thoughts in your mind, your life would be filled with emotions of love and actions that portray the love in your heart.

Love is a great place to be in. Love gives and makes things better. It has no room for evil or agendas that seek to destroy.

1Pe 4:8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins.

1 Peter 4:8

We must love deeply, for love covers a multitude of sins.

On the contrary, when you permit thoughts of hate, you set yourself on a cause of pain and destruction. Thoughts of hate produce negative emotions

and actions.

These lead to consequences that are full of pain and regret. You do not want to be in an environment of hate. It is a toxic environment where nothing good blossoms.

Love always conquers and thinking lovely thoughts is the way to go. These were the very thoughts that brought salvation to your doorstep.

Joh 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Joh 3:17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

John 3:16

God almighty had lovely thoughts that caused him to send Jesus Christ to die for our sins.

These were sins we could never pay for. We had to suffer the ultimate penalty, but love spoke on our behalf.

Despite our unworthiness and ungratefulness, Jesus died for us. What he did was beautiful. There is a verse of scripture that captures it beautifully:

Rom 5:7 For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die.

Rom 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Romans 5:7-8

This is amazing love. When we did not deserve it, while we were still in our state of wrongdoing, he paid the ultimate price for us.

When you think lovely thought, you make the world a better place, not only for yourself, but also for the people around you and the generations yet unborn.

Embrace lovely thoughts and discard thoughts of hate. It will do you a lot of good. Let the thoughts of hate for that man or woman go. Such hateful

thoughts are not worthy of you. You are a blessed child of God.

Think on things that are of good report

The Bible again admonishes us to think on things that are of good report. This is of critical importance.

Many people have dwelt on reports that are not good for a very long time. When they get bad doctors reports, when they hear bad news and what have you, they have a tendency to dwell on them to their own disadvantage.

Other people specialize in hearing bad news about other people.

The Bible is very clear. We must think on good reports. Whatever is not a good report, do not focus on it. The reason is simple. It can influence your emotions, your actions and your results.

A clear example of refusing to focus on bad reports is seen when a woman lost her child but gained the child back because she focused on God's ***word and not the evil report she received.***

2Ki 4:20 And when he had taken him, and brought him to his mother, he sat on her knees till noon, and then died.

2Ki 4:21 And she went up, and laid him on the bed of the man of God, and shut the door upon him, and went out.

2Ki 4:22 And she called unto her husband, and said, Send me, I pray thee, one of the young men, and one of the asses, that I may run to the man of God, and come again.

2Ki 4:23 And he said, Wherefore wilt thou go to him to day? it is neither new moon, nor sabbath. And she said, It shall be well.

2Ki 4:24 Then she saddled an ass, and said to her servant, Drive, and go forward; slack not thy riding for me, except I bid thee.

2Ki 4:25 So she went and came unto the man of God to mount Carmel. And it came to pass, when the man of God saw her afar off, that he said to Gehazi his servant, Behold, yonder is that Shunammite:

2Ki 4:26 Run now, I pray thee, to meet her, and say unto her, Is it well with thee? is it well with thy husband? is it well with the child? And she

answered, It is well.

2 Kings 20-26

Even though her child was dead. She refused to think or speak on that matter. To all who asked her, she said it was well.

When she got to the man of God, she made the issue of the death of the child known, dwelling on the good report that the child could be raised from the dead by the man of God.

That is exactly what happened. The child was raised from the dead.

2Ki 4:35 Then he returned, and walked in the house to and fro; and went up, and stretched himself upon him: and the child sneezed seven times, and the child opened his eyes.

2Ki 4:36 And he called Gehazi, and said, Call this Shunammite. So he called her. And when she was come in unto him, he said, Take up thy son.

2 Kings 4:35-36

A person who dwells on negative things would have spread the news of the child's death and start making arrangements for his funeral.

This is the reason the Bible asks us to think on good reports. There is so much bad news around us today but which of them do you have to dwell on. The little good news is where your focus must be.

It will give you great emotions and lead you to the right decisions and actions.

It is obvious you must avoid people who always carry bad news and bad reports. Train yourself to only think on good reports and you will have a better life to live.

Think on things that are of virtue and praise worthy

Thinking on things that are of virtue simply means thoughts of righteousness. Thoughts that are devoid of evil.

Praise worthy thoughts are thoughts that people will applaud you for. The greatest applause though is the applause that God will give you for those thoughts.

These two are the final and toughest tests you can subject your thoughts to. Once your thoughts align with these two qualities, you can be sure that you are on the path of success and great emotions.

On the other hard if your thoughts are full of vice and not praise worthy then there is trouble brewing ahead of you.

Thoughts of theft are not virtuous or praise worthy thoughts, thoughts of immorality do not qualify either.

If you can make the time to align your mind and your thinking properly, you will experience a burst of joy amidst other healthy emotions and your success will be evident for all to see.

Let us look at a an that decided to go the way of thoughts with only vice, that were not praise worthy. Haman was his name and he hatched up a plan to kill all Jews in the land he lived in.

There is nothing praiseworthy about these thoughts he allowed in his life. It is obvious these were thoughts introduced into his mind by the devil himself.

Est 3:5 And when Haman saw that Mordecai bowed not, nor did him reverence, then was Haman full of wrath.

Est 3:6 And he thought scorn to lay hands on Mordecai alone; for they had shewed him the people of Mordecai: wherefore Haman sought to destroy all the Jews that were throughout the whole kingdom of Ahasuerus, even the people of Mordecai.

Est 3:7 In the first month, that is, the month Nisan, in the twelfth year of king Ahasuerus, they cast Pur, that is, the lot, before Haman from day to day, and from month to month, to the twelfth month, that is, the month Adar.

Est 3:8 And Haman said unto king Ahasuerus, There is a certain people scattered abroad and dispersed among the people in all the provinces of thy kingdom; and their laws are diverse from all people; neither keep they the king's laws: therefore it is not for the king's profit to suffer them.

Est 3:9 If it please the king, let it be written that they may be destroyed:

and I will pay ten thousand talents of silver to the hands of those that have the charge of the business, to bring it into the king's treasuries.

Esther 3:5-9

So evil was his plot that it would have meant the death of thousands of people. Women, men and children. All this was because of a single thought he allowed to fester in his mind.

To the glory of God, his plans failed and he was rather executed with the same equipment he had planned to kill the Jews with.

Est 7:8 Then the king returned out of the palace garden into the place of the banquet of wine; and Haman was fallen upon the bed whereon Esther was. Then said the king, Will he force the queen also before me in the house? As the word went out of the king's mouth, they covered Haman's face.

Est 7:9 And Harbonah, one of the chamberlains, said before the king, Behold also, the gallows fifty cubits high, which Haman had made for Mordecai, who had spoken good for the king, standeth in the house of Haman. Then the king said, Hang him thereon.

Est 7:10 So they hanged Haman on the gallows that he had prepared for Mordecai. Then was the king's wrath pacified.

Haman was hanged on his own gallows, mainly because of the single evil thought he permitted to dominate his decision making and actions.

May that not happen to you as you train yourself to think virtuous and praise worthy thoughts.

The thought filter

When the thoughts that come to your mind do not align with the above things we have spoken about, it is an indication for you to deal with them.

The next chapter will teach you how to deal with destructive thoughts that come into your mind.

For now, you have a filter with which you can test whether a thought can

remain in your mind or whether it needs to be dealt with.

This tool is of great importance to sort out the confusion many go through ion a day to day basis when different thoughts confront them.

Sometimes people even receive prophecies and do not know what to do with them as the prophecies introduce certain thoughts into their minds.

The filter is simply this:

Is the thought true? If not, discard it. If it is true, you can think on it.

Is the thought honest? If not, discard it, if it is honest, you can think on it.

Is the thought just? If not, discard it, if it is just, you can think on it.

Is the thought pure? If not, discard it, if it is pure, you can think on it.

Is the thought lovely? If not, discard it, if it is lovely, you can think on it.

Is the thought of good report? If not, discard it, if it is of good report, you can think on it.

Is the thought virtuous and praise worthy? If not, discard it, if it is virtuous and praise worthy, you can think on it.

That is simply the thought filter you can use to determine which thoughts should remain and which thoughts should stay.

Let us go on to the next chapter and learn some magnificent things on how to deal with destructive thoughts.

CHAPTER FOUR:

DEALING WITH NEGATIVE AND DESTRUCTIVE THOUGHTS

Now that you know the thoughts to think and the ones to avoid, you are at the place of finding out what to do when you identify a wrong thought.

It is such a great place to be because most believers do not even know if they are thinking right or wrong.

Many people are stuck in the place of wrong thinking and they do not even know it. Thank God you have escaped that prison.

Now, you are ready to deal with the negative and destructive thoughts that find their way into your mind.

You cannot control what comes into your mind, but you can control what stays

One truth that you need to understand as a believer is that you cannot control the thoughts that come into your mind; however, you can control the thoughts that stay in your mind.

Different thoughts will bombard you on a daily basis but it is up to you as an individual to know which thoughts to permit to remain in your mind and the ones to discard.

In this part of the book, you will learn the various ways you can deal with negative and destructive thoughts as well as establish the positive and constructive ones.

Key of speaking

The first key to deal with negative and destructive thought is the key of speaking. The great thing about this key is that it is also used to reinforce the right thoughts.

Perhaps you have tried to use your thoughts to deal with other thoughts

that you didn’t like and realised that it was not effective.

This is because thoughts cannot easily be dealt with using thoughts. The major tool to deal with the destructive thoughts is words. The most powerful words to use are words based on the word of God.

That was the strategy Jesus employed when the devil confronted him with all sorts of tricks.

Mat 4:3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

Mat 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 4:3-4

It is important to note that when the devil, who is the tempter came, Jesus used words to deal with the thoughts he tried to introduce into his mind.

In the same way, the devil will try to introduce several thoughts into your mind.

If you are not diligent enough to use spoken words against the thoughts, they will find a place in your mind to entrench themselves.

The next time a thought comes into your mind that you deem a destructive thought, open your mouth and speak against it.

If the thought says you are poor, say “Jesus became poor that I may be rich”

If the thought says this sickness will kill you, say “By his stripes I am healed”.

If the thought says you will not succeed, say “as long as I dwell in the word of God, I will succeed in all I do”.

If the thought says you are cursed “shout I am blessed with all the blessings in heaven”.

In essence you are casting down the imaginations, thoughts and ideas that the devil is trying to introduce into your mind to destroy you.

2Co 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2 Corinthians 10:5

Never permit a destructive thought to go unopposed in your mind else it will gain grounds and become a stronghold.

Speak against it and it will lose its hold and intentions over your life.

Key of focus

Another key to help you deal with destructive thoughts is the key of focus.

It is important to understand that whatever you give attention to grows and whatever you starve of attention dies.

Too many believers ponder and worry over negative and destructive thoughts, giving them their attention for days without end.

Sometimes these thoughts are bad dreams, at other times, they are negative prophecies or declarations. The more attention you give to these things, the more they grow and become a stronghold in your life.

It is important to note that some of these destructive thoughts are packaged such that you may think you are just narrating a dream to someone yet what you are actually doing is reinforcing the idea of the dream.

If you keep dwelling on a dream you had about death, by the time you realise, you will be reinforcing the idea of death in your life.

Same applies to failure. If you give attention to thoughts and ideas of failure, you are creating room for it to manifest in your life.

Whatever happens on earth first takes seed in the mind. Before David even bought the materials to build the temple, it was in his mind then his heart to build a temple for God.

1Ch 22:7 And David said to Solomon, My son, as for me, it was in my mind to build an house unto the name of the LORD my God:

In a similar way, I have come to realise that when the devil wants to keep a person in bondage or bring destruction their way, he first puts the thought in

their mind. When these thoughts are not dealt with, the end result is the very thought the devil introduced.

I have seen many people who died a few months after rumours of their death was spread on the internet.

Such cases have become too rampant to be considered as coincidences. There is methodology behind it and it is initiated by the devil.

Therefore, it is important that whatever the thought the devil tries to introduce into your life, you must find what God is saying and dwell on it.

Focus on it till the thoughts of fear and failure that the devil initiates as the first step of his grand plan of destructions disappears from your mind.

When they tell you of impending death, find a scripture that speaks God's mind and speak it out to yourself. Focus on that scripture and not the negative thought.

Psa 118:17 I shall not die, but live, and declare the works of the LORD.

Learn to focus on God and what He has for you and not the ideas and thoughts of the enemy. It is a powerful way to deal with destructive thoughts.

Key of Prayer for strength

Have you ever faced a temptation of negative thought yet nothing within you wants to discard the thought?

I thought as much.

This is where the key of prayer for strength come in. Sometimes, your thought filter tells you that this thought you are dwelling on and giving attention to is a destructive thought, yet the strength to deal with it is not there.

The will to say I will not permit this thought as it will lead me to wrong actions and results is not there.

That is why as part of your prayer sessions, you must pray for the strength to be able to withstand thoughts that you are not able to cope with on normal days.

Prayer is a powerful tool and it helps greatly in such times.

Jesus demonstrated the power of prayer to give you the strength to reject wrong thoughts and ideas.

When he was in the garden of Gethsemane, he entertained the thought of escaping his death in the cross. It was prayer that gave him the strength to oppose that thought.

Had the thought prevailed, Jesus would never have died on the cross to save us. Let us take a look at the story:

Luk 22:40 And when he was at the place, he said unto them, Pray that ye enter not into temptation.

Luk 22:41 And he was withdrawn from them about a stone's cast, and kneeled down, and prayed,

Luk 22:42 Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

Luk 22:43 And there appeared an angel unto him from heaven, strengthening him.

Luk 22:44 And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

Luk 22:45 And when he rose up from prayer, and was come to his disciples, he found them sleeping for sorrow,

Luk 22:46 And said unto them, Why sleep ye? rise and pray, lest ye enter into temptation.

Luke 22:40-45

In this scripture, Jesus Christ emphasized the need for prayer to escape temptation.

I pray that you will develop a prayer life that will help you deal with the thoughts that lead people into temptation and destruction.

When a thought to steal comes in to your mind and you do not deal with it, you are tempted to steal and may go ahead and do it.

This is why prayer is important so that you can be strengthened not to give in to the desire of your flesh.

Meditation

Meditation is the last key we will talk about when dealing with destructive thoughts.

Meditation is important as it reinforces the word of God in our hearts. The word of God is the most important growth food for every believer.

When a believer grows and matures, many things that used to be a challenge gradually fall of.

By meditating in the word of God, you will develop a godly mindset as well as be minded to do the right thing in every situation.

When you meditate in the word of God, you don't give the chance for destructive thoughts to find room to operate it. You become full of God and His word.

What a glorious place to be in.

Psa 119:10 With my whole heart have I sought thee: O let me not wander from thy commandments.

Psa 119:11 Thy word have I hid in mine heart, that I might not sin against thee.

Psalm 119:10-11

When you meditate in the word of God, you do not go astray. Such blessedness.

Let us now discover some examples of thoughts that have destroyed several people in many generations past and continue to destroy people so that we can escape them like a plague.

On negative emotions

The keys above also help top deal with negative emotions. A more comprehensive key to dealing with negative emotions is to renew your mind.

Find out what thought patterns are causing the negative emotions you are experiencing and find the word of God that addresses that very issue.

The first book in this series deals completely with the subject of renewing the

mind.

CHAPTER FIVE:

EXAMPLES OF NEGATIVE THOUGHTS THAT HAVE DESTROYED LIVES

There are certain common thoughts that have destroyed a lot of lives. In this chapter, we will discover some of these thoughts so that we can eliminate them from our thinking in case they may be hiding somewhere in our minds.

Although they are common thoughts, they are prevalent in the lives of many believers. We will look at ten of such destructive thoughts.

Do it tomorrow

This thought has delayed the destinies of a lot of people. It is a thought that encourages procrastination.

It normally makes people postpone the things they could have done today and now much to their own detriment.

Whenever such a thought comes into your mind, you must beware because it has an assignment of destruction.

Though a common thought, many still fall prey to it.

Nobody will see

This is another destructive thought that causes people to do things they would not do under normal circumstances.

Once the thought encourages them that nobody will see what they are about to engage in, they feel the freedom to pursue whatever negative activity they might have thought of.

This thought has led many people astray in life. Some have suffered some bad consequences.

The next time such a thought comes into your mind, understand that its purpose is to make you loosen your guard thereby bringing destruction to you.

It is only once

This thought has led many people into different addictions and all sorts of immoral behaviour.

They are tempted to do something for the first time with the caveat that it is only once only to find themselves hooked eternally.

The next time such a thought comes into your mind, know that it is a trap to hook you into dangerous waters.

Nothing will happen

This thought comes mainly when people decide to do things they know very well could have severe consequences.

The thought comes to reassure you that nothing will happen when you engage in the dangerous activity only to find yourself laughing at the wrong side of your mouth.

This thought is a destructive thought and has destroyed many lives.

Forget about them

This thought normally comes in when you are given sound and godly counsel. It is a thought that encourages rebellion to godly counsel.

Many are the people who have given in to this thought and seen painful results in the end.

The next time a thought comes into your mind to rebel against godly counsel, think twice.

You cannot afford it

This thought has limited the potential of many people worldwide. This thought has prevented people from doing what they could to be able to enter into certain possessions that God has made available to them.

The next time such a thought comes to you, don’t give in to it.

You have to get it at all cost

This thought has led people to do all sorts of heinous things to get what they wanted in life.

It is a thought that has destroyed many lives and destinies.

Never give in to a thought that causes you to lose your compass in life.

You don't deserve it

Many people have not risen to a place of greatness or prominence because certain thoughts have plagued their lives.

One of such thoughts is that they are underserving of that which they aim for.

This is a confidence and esteem killer and has destroyed many people.

Do not give in to such thoughts designed to kill your initiative life.

Are you better than those who failed?

This thought encourages mediocrity and fights the spirit of excellence.

It makes people underestimate themselves and do less than they are capable of.

The fact that a professor failed does not mean a school dropout cannot succeed.

It will not work

This thought has killed more initiatives than the lack of capital or drive.

Before you even begin something, this thought would arise to discourage you.

If you give in to it, you will not see the beginning of any significant thing, let alone the end.

It is important to note these examples as well as others that will seek to sway you off your path to living the life that God ordained for you.

My desire is to see your progress and prosperity and freedom from negative people and circumstances. Because of that, please permit me to introduce two courses that I believe passionately will help you.

1. To cure prayerlessness, an inconsistent prayer life and the pain of not enjoying all that God has made available to you, click here to learn more about my 3 Day Course on "How to Overcome prayerlessness" that will solve the problem of prayerlessness in your life.

2.To overcome the pain of not having enough money to live where you want, eat what you want to eat and be a blessing to the multitudes around you, I have created a 7 Day Financial Abundance Course that will deliver financial abundance to you quickly.

Click here to learn more about that course.

You will see increase and enlargement as you step out in faith.

CHAPTER SIX:

STRATEGIES FOR DEALING WITH NEGATIVE SITUATIONS AND THOUGHTS

Sometimes you find yourself in certain situations that speak louder than anything you have ever heard int his world. Also, there are certain thought you try as much as possible to discard, yet the realities that look you in the face make it difficult.

Imagine having no food on your table and you want to discard the thought that you are broke.

In such cases, there are three main strategies you can use to deal with such negative situations and thoughts.

The three are:

Perspective

Perspective simply means the way you look at things.

One person can look at a glass of water and say it is half empty. Another person can look at the same glass of water and say it is half full.

The reason for the differences in what they see is their perspective.

When you have the right perspective in life, you can even see negative situations in the right light.

More often than not, when people suffer rejection, they feel bad and ponder over it for days without end. They become sad and ask what is wrong with them.

That is one perspective, they think something is wrong with them hence their rejection.

Another person can see it as an opportunity to become great. The person can say every great person was rejected at a point so rejection is a qualification for greatness. Such a person will rejoice at his rejection when others are sad mainly because of perspective. The psalmist put it beautifully:

Psa 118:22 The stone which the builders refused is become the head stone of the corner.

When you see things from the right perspective, you are able to deal with negative situations and thoughts more efficiently.

Interpretation

One area most people fail is the way they interpret situations. Especially negative situations. When you are a student of the word of God, you will find many examples of how negative situations turned out for good.

This will help you interpret negative situations in a way that you do not become a victim of them.

I know people who said they were not good enough that is why their lovers left them. These people went on to feel bad about themselves and some have still not recovered.

Other people interpreted the same scenario differently. They saw the value in themselves that their partners didn't see and therefore did not blame themselves for the fact that their partners were blind to their value and significance.

You must know how to interpret situations so that they don't destroy your life but rather give you the wherewithal and strength to become a better person.

Such interpretations have helped businesses bounce back as well as many recover from losing significant things.

Modification

Modification simply means the adjustment of the narrative. If you do not take care, people will form a narrative and put you inside.

They will say things like you are suffering because you are a sinner.

God is punishing you because of this mistake you made.

There is an enormous list of the things people would say just because you find yourself in a negative situation.

In such cases, you need to modify the narration. Do not listen to what peoples' narratives are, listen to God's narrative.

When they say you are weak, tell them and yourself that you are strong.

When they say you are a sinner, modify the narrative. Call yourself what God calls you. You are a saint.

These two scriptures paint a great picture of modification.

Job 22:29 When men are cast down, then thou shalt say, There is lifting up; and he shall save the humble person.

Job 22:29

Joe 3:10 Beat your plowshares into swords, and your pruninghooks into spears: let the weak say, I am strong.

Joel 3:10

With these three strategies, no matter how negative the thought or situation, you will find what it takes to rise up again and stand on a strong foundation.

Thank you for reading this book, you can get the third book in the series that teaches how to use the weapons of our warfare.

You are now equipped to deal with destructive thoughts and emotions.

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