

Today's Rewire: Thinking in the wrong direction (2)

Do you spend a lot of time reminiscing about the past?

If the answer is yes, that's okay.

Thinking fondly about the past and looking back at the way things used to be, isn't a bad thing until it is.

There is a difference between thinking about the past and living in it.

Luke 9:61-62

The Cost of Discipleship

...61 Still another said, "I will follow You, Lord; but first let me bid farewell to my family."

62 Then Jesus declared, "No one who puts his hand to the plow and then looks back is fit for the kingdom of God."

Let's rewire this mindset:

Anything good that is going to happen in our life today, starts with getting our minds on what we ALREADY have, not what we don't have.

Sometimes we live in the past because it's familiar

We know what happened; there are no surprises.

Think about why you watch your reruns of your favorite old sitcoms repeatedly.

This is what happens when we live in the past.

We choose to live there because it's familiar.

We know everything that happened.

When the past was good, you can live there because just thinking back on it gives you a feeling of comfort and happiness.

Let's rewire this mindset:

I spent eight years in the Air force and am pleased to have served my country. I have a friend who also served and although he has been separated from the military for many years, but he still lives there.

Every story he tells is about his days in the military; every situation or scenario that is currently happening is compared to the "good old days" being in the service.

1. THINK BACK, but NOT backward

Every day, we need to THINK about the things God has already done.

In Psalm 103: 1-5 David said, "...forget none of His benefits—He pardons your sins, heals all your diseases, redeems your life from destruction, crowns you with loving kindness and compassion..."

Make a list—it will change how you look at your life.

Are you living in the past?

You can ask yourself the following questions to help you figure it out:

1. Is there one period from the past that you find yourself clinging to?

2. Do you feel that you will never reach that level of happiness/status/satisfaction/acceptance/etc. Again?

3. Are you frustrated with where you currently are in life?

4. Are you fearful of the future?

5. Does thinking about the past make you sad?

If you find that you are clinging to a specific period from your past because you don't feel there is anything in the present or future that could possibly be better, and if thinking about the past in that way makes you sad, you may be *stuck in the past*.

Why is this a problem?

Living in the past is a problem because it robs you of the opportunity to enjoy the present.

Not enjoying the present? If you aren't happy where you are, living in the past won't help!

Living in the past allows you to avoid dealing with issues in the present.

2. Focus on the 'prayer of thanksgiving'.

Start EVERY prayer thanking God for what He has already done for you.

(Philippians 4:6-7) 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

This creates FAITH ENERGY. As you reflect on what God has specifically given you already, it awakens your ability to believe for more.

3. Meditate on Philemon 1:6.

Philemon 6 King James Version: 6 That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.

"Your faith becomes effective, as you acknowledge every good thing already in you, through Christ Jesus."

4. Step out of the comparison trap

2 Corinthians 10:12 says, "when we compare ourselves with one another, we misunderstand life."

Confusion, misunderstanding, jealousy all set in when we measure ourselves with what others have or do.

Think about this;

It's much easier to reminisce about your high school sweetheart than it is to deal with the troubles you are currently having in your marriage.

It's nicer to daydream about when you were a star athlete, than it is to look at yourself in the mirror and deal with the extra 60, 70, 80 pounds you're currently carrying around.

5. Develop selective memory.

Think back ONLY on the good that has happened in your life.

FORGET the pain.

Let go of the hurts and losses you've suffered.

(Philippians 3:13)

13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

6. Expect God to make up to you the years

The years that have been lost through your pains, mistakes and wrong ways of thinking.

In Joel 2:23-25 God said, "I will restore the years that have been devoured..."

THINK IT & SAY IT:

I focus my prayer and start my day with what God has already done in my life.

I will bless the Lord at all times, His praise, shall continually be in my mouth.

I am already complete in Jesus Christ.

I give up comparing myself to others, and I expect God to make up to me all that I have lost through years of backward thinking, In Jesus' Name.