

The logo features the year '2021' in large, light grey numbers. A black silhouette of a person jumping is positioned over the '0' and '2'. The number '21' is in a bold, red font. Below this, the word 'JUMPSTART' is written in a bold, orange font. At the bottom, the text '21 DAY FAST OF NEGATIVITY' is in a bold, black font.

2021 JUMPSTART

21 DAY FAST OF NEGATIVITY

JANUARY 2 Negative → Positive

“He rejoices over me with singing.” Wow, this is God’s attitude toward me? Is He ignorant to all my failures? Does He not see how far short I come of His holiness? He is not ignorant, yet His response is directly rejoicing and singing over us. He is consumed with love for us. He knows the plans He has for us. He knows how far we have come.

Perspective is key. Let’s fix our eyes back on Him. Today, let’s choose rather than focusing on the mountain in front of us, to focus on the God who created the mountains. Let’s choose to see how we can speak encouragement to that person struggling. Instead of embracing shame about how far we have to go, let’s rejoice in God’s Grace.

JANUARY 3 Complaining → Thankful

“Do everything without grumbling and complaining.”

I like summer. My wife likes fall. My son loves winter. I remember for many years of my life complaining about the winter months. It wasn’t so much the snow, as it was the bitter cold and decreased amount of daylight. I would blame winter for all sorts of things including my attitude, weight gain, lack of energy, depressing thoughts, skin conditions, etc... I remember even making statements like, “I wish I lived in Florida”, or to give an excuse to some negative attitude I was having I might say something like, “Well it’s winter!” We won’t dwell here, but I think my wife had a similar attitude towards the hot summer months.

This is not the attitude of Christ. God created all seasons! They are all a gift from God. They are all unique and special in their own way. Maybe some create different challenges for us, but isn’t that a good thing as well. I challenge you to take the approach of thankfulness to each day and each situation. How about this approach, “This is the day that the Lord has made, **I will** rejoice and be glad in it.”

JANUARY 4 Death → Life

“O death, where is your victory? O death, where is your sting?...How we thank God who gives us the victory over sin and death through Jesus Christ, our Lord.” (1 Corinthians 15: 55,57)

For more than thirty years, Edith (not her real name) and her husband had been regular attenders of our local church. When Edith received the dreaded call from her oncologist that cancer had returned, I made a home visit. Knowing there would be no more treatments and that her time was short, I inquired if she was ready for eternity. Surprisingly, she was quite calm and said that both she and her husband had concluded that there was no life after death and that she was at peace with her belief. No matter what I shared about Jesus’ gift of eternal life available to her, she embraced her position that death was the final verdict about life. In fact, Edith seemed fully relieved, believing that her painful existence would simply be extinguished. What a contrast for me, as in these past several years, my parents, aunts and uncles have faced death so differently, joyfully anticipating *Continued...*

the splendor of eternal life with God through faith in Christ Jesus. Jesus came expressly to offer us life to the full and a gracious invitation to spend eternity with Him. "Death, where is your sting?" Even death cannot separate us from the love of the Father, because in Christ we have passed out of death into life. A believer's final earthly breath marks the glorious transition to a new heavenly address - into the waiting arms of our resurrected Lord forever!

"And this is what God has testified: He has given us eternal life, and this life is in His Son." 1 John 5:11

JANUARY 5 Sarcasm → Encouragement

"Let everything you say be good and helpful, so that your words will be an encouragement to those that hear them." Eph. 4:29

We've all found sarcasm fun a time or two... or three! But with all this joking around, is sarcasm really the lighthearted friend we'd thought it to be?

Merriam Webster defines sarcasm: a sharp and often satirical or ironic utterance designed to cut or give pain. -Whoa. So, sarcasm gives us the license to be lightheartedly... hurtful? Well, that's not what we intended, was it? There's not much sincerity in sarcasm, it's true.

Encouraging words are like medicine to the soul. And God knew we would thrive with them! That's why throughout the Bible He diligently instructs us to encourage one another, and ourselves! God wants us to display fruits of The Spirit. Love, peace, kindness, gentleness, self control... and when thinking on those things, I might wonder just where sarcasm fits in?

I challenge you to be intentional in choosing your words today. Proverbs 16:24 says, "Gracious words are a honeycomb, sweet to the soul and healing to the bones." Who can God help heal, through your words of encouragement today?

JANUARY 6 Criticism → Praise

Changing our criticism to praise! Is that even possible? To praise God when life seems too difficult? It's easy to praise God when life is going well. But, when life throws a curve your way, or an unexpected diagnosis blindsides you, or you are faced with financial troubles, difficult decisions, or a difficult family situation, we are still to give thanks and praise to God.

When we stop praising God because our focus is on our problem, we allow those problems to rule our hearts and mind. Our thinking becomes critical and our life becomes burdened with the load we were never meant to carry. Instead of aligning ourselves with God and his plans and purpose we align ourselves with destructive thinking that quickly leads to a habit of constantly thinking and living out of a critical mindset.

We will all face a time when we have to decide to praise the Lord or to be critical. I had to make this decision in my own life recently. I had stopped praising God and instead focused all my thoughts on my problems. Criticism was taking over my mind and I felt hopelessness setting in.

We will drown in our problems when critical thinking is our focus and praise to God is absent. But, if we are willing to praise God in all times, we will find peace through Christ despite the tough stuff we face.

Choose to praise him in all circumstances. God is enthroned on our praises. By choosing praise over criticism, we see that our God is with us. He is bigger than anything we may face. He is fighting our battles for us! Ephesians 1:5 says "Let us praise God for his glorious grace, for the free gift he gave us in his dear Son!

JANUARY 7 Manipulate → Support

Ever been manipulated? Once you realize what has been happening, you know that the other person does not value the relationship the same way you do. Manipulation values control, objective, or some other goal higher than the actual relationship. That's what feels ugly about it. The other person didn't want the relationship, they used it to get what they really wanted. The earthly desire to manipulate people or situations to our benefit is a self-focused approach.

To flip the script we must prefer others before ourselves. "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves" Phil 2:3. But what if offering support puts us at risk too? In 1 Samuel 14, Jonathan, following the Lord, decided to go rogue and attack a Philistine outpost alone. His armor-bearer could have tried to talk him out of it, suggested a different tact, or even feigned illness. Anything would be better than facing certain death! Instead this young man trusted Jonathan and valued their relationship deeply. So, he answered with the exact opposite of manipulation: loving support.

"Do all that you have in mind," his armor-bearer said. "Go ahead; I am with you heart and soul." 1 Samuel 14:7

JANUARY 8 Lies → Truth

"For I speak the truth and detest every kind of deception" Proverbs 8:4.

For most of my life I've believed lies. Lies that were from the devil, the father of lies (John 8:44). Many of the lies I believed had to do with my self-worth. I've struggled with low self esteem and many times feeling like "I was not good enough."

Over the last few years I've dug into God's word to discover the truth. God's word says that HE chose me even before I was born (Jeremiah 1:5), that I am HIS child (John 1:12), HIS friend (John 15:15), a SAINT (Ephesians 1:1), and SO MUCH MORE. Walking in HIS truth has set me free (John 18:31,32). I encourage all of us to recognize the lie, reject it, and replace it with God's truth. I challenge you to read God's word, find out who he is and who you are. I promise you will not be disappointed!

JANUARY 9 Rage → Patience

Have you ever been so angry that you flew off the handle? So frustrated that you lashed out in anger? So stressed out that you said things to the people closest to you that you would never say to your worst enemy? It's not a good place to be. But it's a common occurrence.

God does not want this for us. Instead He wants us to be "...patient in affliction..." (Romans 12:12).

The Bible states: "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Eph. 4:31-32)

When anger, stress, and frustration well up and take control, we need to remember that Jesus endured far more than anyone. He can take it. With Him at the center we can withstand it too. We just need to be willing to leave it at the foot of the cross. So "...in every situation, by prayer and petition, with thanksgiving, present your requests to God." Phil 4:6

JANUARY 10 Selfish → Generous

"Give generously to them and do so without a grudging heart; then because of this the Lord your God will bless you in all your work, and in everything you put your hand to." Deuteronomy 15:10 (NIV)

It's so easy to want to hold tight to what is ours. We paid for it. We worked for it. Yet refusing to share, to give, is the exact opposite of what God teaches us throughout scripture.

There have been times that He's told me to give and I admit, I stomp and grumble, and even complain. Maybe not physically, but my attitude reflects selfishness and we know that He looks at the heart. *Continued...*

Several years ago He prompted me to give a concordance to a new believer. I'd had that book since I was ten years old, it was an award I'd won for completing a summer Bible correspondence course. It sat proudly on my shelf and I never used it. I just liked the way it made me feel when I saw it. But God knew I needed to let it go because the selfishness was based in pride and He wanted to grow me. I gave it away. It hurt to do it, but I'd rather please Him. And He's blessed me abundantly in return. Every time I open my hands and give I'm reminded that I only have because He's provided. Acts 20:35 tells us that Jesus once said, "It is better to give than receive." And it truly is.

JANUARY 11 Judgement → Love

I've found learning not to judge others to be a sticky often difficult lesson to learn. I mean, come on! Sometimes, others' sins and poor behaviors are SO obvious, right?! Yet, Jesus warned in scripture time and time again that we are not to judge each other. Like in Matthew 7:5, when Jesus said, "You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." In other words, you don't have the capacity to see clearly enough to judge your brother.

But I think the story that cleared it up best for me is found in John chapter 8. Jesus was teaching in the synagogue when a woman found committing adultery was brought before Jesus by the religious leaders of that day. Jesus listened to the men proclaim that she needed to be stoned for her actions. In my mind, I can see their angry faces, sweat dripping from their foreheads and hear their seething words. I can picture their hands wrapped around the stones they had chosen for their weapons of destruction. They couldn't wait to prove how right they were and see this woman pelted to her death with the stones they held in their hands. As they continued questioning Jesus, he quietly answers them..."Let any one of you who is without sin be the first to throw a stone at her." John 8:7. Her accusers dropped their stones and walked away, and the woman was taught a redeeming lesson of mercy that triumphs over judgement!

Jesus always chose love to express the need for change. And His desire for us is to do the same. When we choose to look at someone through eyes of love we are more concerned about the person being renewed than we are about their poor behaviors. Love. When we choose to respond with love, big changes can happen, not only for the people around us, but even within our own hearts.

JANUARY 12 Proud → Humble

"I have been crucified with Christ. It is not longer I who live, but Christ who lives in me."

What grade did you get on your last test? How far can you throw the football? What are you doing Friday night? How much money do you have? Where are you going to college? How many Bible verses do you have memorized? How much can you bench? Who do you eat lunch with? In our performance based society, our talents and status define who we are. Our self-worth is defined by what we can accomplish. If we are not smart, attractive, athletic, or wealthy, we have little value. If we are smart, attractive, athletic, or wealthy, we have great value. When we have value then we feel good about ourselves. When we feel good about ourselves, then we begin to compare ourselves to other people. When we are better than other people, then we feel proud. We look down our nose at other people. We have become proud. In the kingdom of this world, this can be to your benefit. Having great confidence in your ability can help you become very successful in the eyes of the world. However, in the kingdom of Heaven, it will make you blind. James 4:6 and 1 Peter 5:5 put it this way, "God resists the proud, but gives grace to the humble." Humility is in contrast an inner strength and assurance of who we are in God's eyes. We don't need or seek the praises of men, because we understand that anything good or great about us is only because of Him. Humility doesn't stand on our accomplishments, but takes pleasure in pointing all accolades to He who formed me. Humility says "Let the one who boasts, boast in the Lord." 1 Cor. 1:31.

JANUARY 13 Gossip → Silent

“Without wood, fire goes out, without gossip, conflict dies down.” Proverbs 26:20

My mind keeps going back to a game we’ve played in youth...Telephone, maybe? Everyone lines up and the first person is told a secret message. The first person then whispers to the 2nd, 2nd to the 3rd, on down a line of sometimes 50! By the time the message gets to the end of the line, it BARELY resembles the original. All burst out laughing at the ridiculous mess it’s become and look up and down the line to see just WHO messed up?! Often, it’s someone at the beginning.

How often are we at the beginning of the line of gossip, or in the line at all? The enemy finds amusement in destruction, and you can be for sure gossip scratches, gnaws and tears. It’s important to be reminded that not all gossip is false whispers. Truths that are not ours to tell, can become gossip as well if we’re not mindful to guard our lips. (Psalm 141:3). But when we choose to be silent, the rumor dies at our ears. We say “no!” to destruction and sin, the fire goes out, and the conflict dies down. The Lord silences both enemy and avenger. He doesn’t need our meddling... and the line doesn’t need our two cents.

Is it good, kind, helpful, necessary? I challenge you to ask yourself that question, frequently. Our mothers said, “If you don’t have anything nice to say, don’t say it at all.” And Jesus said, “Blessed are the peacemakers, for they shall be called the children of God.” Matthew 5:9.

JANUARY 14 Unwanted → Adopted

“For it was always his perfect plan to adopt us as his delightful children, through our union with Jesus, the Anointed One, so that his tremendous love that cascades over us would glorify his grace—for the same love he has for his Beloved One, Jesus, he has for us. And this unfolding plan brings him great pleasure!” (Ephesians 1:5-6 The Passion Translation)

My little sister, Kim, is adopted. Our family chose her and loved her before she was ever born. In fact my dad brought her home from the hospital just as if my mom had given birth to her there because in our hearts she was already a member of our family. Sure, there were case worker visits and papers to sign and legal issues to finalize, but that didn’t matter to our hearts. Although I was only 9 and my brother 6, we had been in on the plan all along... this tiny person who was about to be born into a situation that could not care for her needed a family to love her, and we knew without question that this was our baby sister! Oh what joy she brought to our home and our love for one another simply expanded to include this little one who was meant to be ours!

That event in my life reminds me so much of the good news of Ephesians 1:5-6... it was always the Father’s plan to adopt us because he loves us with the same love he has for his Son Jesus, and bringing us into His family brings Him great pleasure! Amazing! Can you think of anything more wonderful than knowing that bringing us home delights the heart of God? And I do mean “home.” You see, we were always meant to be His children until sin got in the way and messed up the Father/child relationship. But Jesus gave His life not just to pay for our adoption, but to bring us back to the home, the family, the Father that was always meant to be ours.

Know this... in this Heavenly adoption process we are never unwanted because God always chooses us, but it’s up to us to choose Him back. I pray that if you have accepted God’s invitation you will just snuggle up closer and get to know your Father and your Family even better... He has such great plans for you including a family to cheer you on! But if you are still on the outside only considering His offer, I pray that the light of His love and the sheer goodness of His heart will draw you closer and closer until you can no longer resist the Great Adoption.

JANUARY 15 Argue → Listen

You just know you’re right. And they’re wrong, so wrong. And they said that???! They did what?????!!!!!! Have you been there? “Ooohh, I should just give them a piece of my mind. Or “They need to be put in their place. I’ll tell them how it is.” Sound familiar? You may get there often. Or it takes a lot to get you there. But, nonetheless, you’re angry. You feel the need to defend yourself, your own, or have to tell your side of the story. But you want a clean conscience, right? *Continued...*

So, what does the Bible have to say about this? I find verses like this one we've all heard, "Understand this...you MUST ALL be quick to listen, slow to speak, and slow to get angry." James 1:19. So don't get hot and spout off, tempting as it is.

Listen. Hear them. Don't listen only to figure out your rebuttal. A fool takes no pleasure in understanding, but only in expressing his opinion, Proverbs 18:2.

Listen for what the Lord wants you to hear in this. You may hear what an underlying issue is or you may hear something you didn't expect.

And I take so much comfort in what Exodus 14:14 says, "The Lord will fight for you, and you have only to be silent." If I'm not making my case, the perfect One does for me. He wants what's best for me. And them. I don't know about you but I like win-win situations. Our Father is the author of them.

JANUARY 16 Pointing → Lifting

Did your mom ever tell you not to point at people? Oh I can remember my mom telling us kids that. I can hear her voice now. Oh how I understand what she meant now. I can't stand pointing AT others. When I'm talking "pointing" I'm talking specifically about "pointing" out someone else's mistakes. This has had a huge effect on my life.

I have never been a wordsmith. I have always had trouble reading, writing or even speaking swiftly. I remember growing up and always feeling as though people made fun of my reading out loud. I remember feeling like every paper I wrote was always tore apart by that dreaded red pen. I grew to hate reading, writing, playing any type of word game (scrabble, boggle, bananas) and even communicating at times. Like I said this is still something that I battle. I grew a love for math and strategic games such as chess, because 2+2 is always 4.

Today, I have kids and they are reading machines and write beautifully. I give the bulk of the credit to my wife for that. However, I also have always encouraged them. When they would read to me I would complement them on how great they were reading. When they write, before I would ever give a suggestion that "would make it better", I will always compliment them for all the good ideas and thoughts in their writing. Instead of pointing at their mistakes we aim to lift them up. We all do that with children. Well, God wants us, His church to have that same attitude with each other. "Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you," Ephesians 4:29. Let us be part of this kind of culture.

JANUARY 17 Worry → Trust

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." Phil 4:6

I'm never going to get this all done? What are they going to think of us? What if this isn't good enough? I don't know what to say, what if I say something wrong? Wow, I think sometimes worry is dressed up as "what if". Have you ever worried so much that it made you sick? Have you ever worried so much that it caused your whole life to stop, like you were emotionally paralyzed and couldn't move on? Have you ever been so worried about something that never became a reality? I have.

I remember just recently I felt like our family was suppose to send a gift to our niece who just started college. I remember sharing this with our family and we went to put together a little gift box. That's when the anxiety set in. I remember all these worries consuming me. "This stuff isn't very nice." "We need more." It took me a while to send it because I was judging the contents. Finally, I decided that I needed to be obedient and send what we had, rather than not send anything at all. Fast forward to the day she received the small gift in the mail. When she received the gift she was so grateful and excited. She got mail! Someone loves and is thinking about me! She posted all of it on Facebook and talked about how encouraging it was. Not the reaction I expected. *Continued...*

Did I trust God's direction? Well, I kind of did. At least at first I started with quick obedience. However, I started to lose that this was God's idea and I started to worry and almost stopped the obedient completion. I've heard that worry is the absence of trust. Hmm, I don't think my trust in God was absent, I just think it was hidden by the cloud of trusting myself. My worry wasn't an absence of trust, but rather the presence of misplaced trust. Finally, I determined that God said to send it, so I'm going to send it. Wow, am I glad I did!!! What worries are consuming at this moment? Let's take our worry to Him. Let's receive His perspective and guidance on the situation. Let's trust Him as we say goodbye to worry paralysis and hello to peaceful obedience.

JANUARY 18 Shame → Grace

Have you ever heard this, "Shame on you!"? How about this one, "You should be ashamed of yourself!" what is someone actually saying when they say that? When I think of shame, I think of head down, feeling bad, and hiding. Webster's dictionary defines shame as a painful emotion caused by consciousness of guilt, shortcoming, or impropriety. It's so painful because shame goes beyond the action and begins to attack the person. I'm convinced that is one of Satan's favorite sayings, "Shame on You!" God hates sin, BUT He loves and gives grace to people.

Grace, comfort, forgiveness, freedom. Webster's dictionary defines Grace as unmerited divine assistance given to humans for their regeneration or sanctification; a virtue coming from God; a state of sanctification enjoyed through divine assistance.

How can a heart move from shame to grace? Divine Intervention. Period

"And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth." (John 1:14 NKJV)

"Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." (Hebrews 4:14-16 NKJV)

"Shame GRACE on You." Beloved, receive and give God's grace today.

JANUARY 19 Doubt → Believe

"I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living." Psalm 27:13

Doubt. The enemy uses it to distract and isolate us, to devour... but see, the Lord is a Light that shines even in the pit. There's a story in Mark (9:14-26) where a boy is healed. But before this happens, Jesus comes upon His disciples in dispute with the crowd over whether or not this boy could actually be healed. Jesus is more than frustrated with the doubt, at some point He answers and says, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Jesus then says to the boy's father, "If you can believe, all things are possible to him who believes." The Bible says then the father of the boy IMMEDIATELY cried out with tears, "Lord, I believe; help my unbelief!" And what little faith that was there, Jesus honored. And the boy was healed. What little faith that was there, Jesus honored. That's so like Him.

The enemy wants us to put the expectancy on our shoulders, because he knows we will fail without the Lord. But our expectancy is in The One who doesn't break promises. We EXPECT The Lord to follow through because He says He will. (Jer. 29:11) He is who He is, no matter what kind of day you are having. No matter where you go, what you do, He is running wildly after you.

I encourage you today, no matter where you are in life, wherever you hope from, start there.

The Lord sees you. He sees you! Jehovah Jireh - the Lord will provide. You need only be still... and believe. "Lord, I believe; help my unbelief!" And what little faith that was there, Jesus honored. And the boy was healed.

JANUARY 20 Compete → Unity

Ephesians 4:1-3 "I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the **unity** of the Spirit in the bond of peace."

We live in such a competitive society. You see it everywhere, in sports, in business, in politics and the list goes on. We all want to be on the winning team. We all want our businesses to succeed. And oftentimes "success" comes at the "demise" of someone else.

Dear God, let us not succumb to this mindset in the Kingdom of God. As believers we are all one family. We are all co-heirs. When my brother is hurting or struggling it is not an opportunity for me to push my agenda, but rather to lend a hand. When my sister in the faith is seeing incredible favor, God help me to rejoice with her, not sulk in jealousy. If we are going to impact this world for Jesus Christ we are going to do it together. I like how Romans 15:6 says it, "That TOGETHER you may with ONE VOICE glorify the God and Father of our Lord Jesus Christ."

JANUARY 21 Condemn → Forgive

When I think of something being condemned I think of something being thrown away, destroyed. I think of a condemned house with warning tape and "No Trespassing" signs. This is actually a good thing in a lot of circumstances. I would rather a building or bridge be condemned and shut down, then allow people to unknowingly be in danger for using it.

However, we should be very careful to never condemn or write off people. The Bible says in Romans 8:1, "Therefore there is now no condemnation for those who are in Christ Jesus." Forgiveness trumps condemnation. Think of the thief on the cross next to Jesus. Faith and forgiveness came to someone who was condemned to death. I think of the story in John 8:1-11. Take a moment to go read this story again. I love the end of the story... Jesus says to the woman, "Woman, where are those accusers of yours? Has no one condemned you?" She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more." Instead of condemning people, let's graciously lead them to the cross where they can find forgiveness.

JANUARY 22 Impossible → Possible

"For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'move from here to there', and it will move, and nothing will be impossible for you." Matthew 17:30

There is a lady who sits alone covered in blankets, on a chilled December morning. She uncovers her head to see if her hair is beginning to grow back; she doesn't always recognize herself this way. She touches her skin, remembering it as it used to be. And where her bones that now protrude, she recalls the muscle and strength that once covered them. There's many hours in a day that she ponders the life that's been lived, the adventures, the seemingly meaningless moments...she craves.

And God sees her.

God sees her on this morning, this close to Christmas morning where years ago she would have been baking... but now, these things are not easy. So she rests with The Lord. He sees her. The desire of her heart, to live to see her children and grandchildren grow. She's been writing "goodbyes" in her head since the day she heard "stage 4 cancer, 1-3 months." But she won't tell.

Her daughter recklessly with abandon believes in The God of The Impossible.

"For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'move from here to there', and it will move, and nothing will be impossible for you." Matthew 17:20

My mom used to tell me, "You can do anything, you can be anything. I believe in you." I wonder how often this is the cry of Our Father's heart? He longs for us to SEE His goodness in the land of the living. The God we serve enables the barren to give life, the lame to walk, the blind to see, and has healed my mother, *Continued...*

this small frail women wrapped up in blankets, from stage 4 brain, pancreas and lung cancer in 2018. Our God is not a God of yesterday, He is ever present, no limitations, He SPEAKS atmospheres into existence. He's ready for you.

I challenge you to ask The Lord what He's willing to do with your impossible. And then be ready.

JANUARY 23 Finally...

I hope you have enjoyed and been challenged by this 21 Day Fast of Negativity. I know that I have been convicted in a good way throughout these daily devotionals. I'm so thankful for all of those who have helped write these.

I'm struck with this encouragement today, what if this wasn't an end, but rather a launching pad for our thinking patterns the rest of this year. If we can ask the Holy Spirit to help us live this way for 21 days, we certainly can seek sensitivity to live this out all year. I leave you with this encouragement from the Apostle Paul in Philippians 4:8.

"Finally, brethren, 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."

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