

The Importance of Positive Thinking

noun The fact or condition of being without doubt, very sure, confident.

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References:

\*\*\* w00 9/1 p. 7 par. 6 **Reflect the Mental Attitude of Christ** \*\*\*<sup>6</sup> Another fine characteristic that Jesus manifested was a pattern of thought and action that was always **positive**. He never allowed the negative attitude of others to influence his own fine attitude toward serving God; neither should we.

\*\*\* w86 6/1 p. 30 **Keep a Positive Attitude** \*\*\*

Try not to dwell on negative things. Even during great difficulties, **positive** aspects can be found

\*\*\* w80 6/1 p. 13 **Look Straight Ahead as a Christian** \*\*\***DEVELOP A POSITIVE OUTLOOK**

\*\*\* **g80 10/22 p. 7 Making Lives Meaningful** \*\*\*Do you work toward a goal with confidence and vigor, not doubting or drifting willy-nilly? Think negative and get negative results; think **positive** to get positive results.

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PONDERISMS – SHORT TRUTHS:

Positive thinking is simply reacting positively to a **negative** situation.

Keep your words **positive** because your words become your behavior.

Keep your behavior **positive** because your behavior becomes your habits.

Keep your habits **positive** because your habits become your values.

Keep your values **positive** because your values become your destiny. --Mahatma Gandhi

"There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is **positive or negative.**"

---W Clement Stone

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## **POSITIVE QUALITIES:**

- A smile is an inexpensive way to change your looks.
- If others have sinned, you need not mention it.
- It is no crime not to be perfect.
- Feed your faith and doubt will starve to death.
- Tact is ability to see others as they wish to be seen.
- Caution is not cowardly. Carelessness is not courage.
- Patience is counting down without blasting off.
- If you can laugh at it, then you can live with it.
- Smile, it takes only 13 muscles; a frown takes 64.
- Swallowing your pride seldom leads to indigestion.
- Kindness, a language deaf people can hear and blind see.
- Kindness is sunshine after the storm.
- The smallest good deed is better than the greatest intention.

- Our favorite attitude should be gratitude.
- Patience is the ability to keep your motor idling when you feel like stripping your gears.
- A kind deed receives compound interest.
- Goodness, like love is the only investment that never fails.
- Seek joy in what you have, not in what you get.
- The world will not care what we know until they know we care.
- The best place to find a helping hand is at the end of your own.
- The Golden Rule is of no use whatsoever unless you realize that it is YOUR move.
- Minds, like parachutes, only function when they are open.
- Contentment isn't getting what we want but being satisfied with what we have.
- The first step to wisdom is silence; the second is listening.
- The art of being a good guest is knowing when to leave.
- The best way to get even is to forget.
- Kindness is the oil that takes the friction out of life.
- People don't care how much you know until they know how much you care.
- The conscience is like an alarm system--it is especially needed when there is no one around to observe.
- If greatness is a quality we say we have, we just lost it.
- Always be truthful--it takes a fantastic memory to be a successful liar.
- If truth stands in your way, you're headed in the wrong direction.
- Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together.
- Forgiveness is a funny thing; it warms the heart and cools the sting.
- We cannot do everything at once...but we can do something at once

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ILLUSTRATIONS:

There is a lady who holds the world record for selling the most Girl Scout cookies. Her motto is "SW-SW-SW- SW". It means, "Some will, some won't, so what, someone's waiting." Keep your thoughts **positive** because your thoughts become your words.



NEGATIVISM (Negativity)

A habitual attitude of skepticism or resistance to the suggestions, orders, or instructions of others. Behavior characterized by persistent refusal, without apparent or logical reasons, to act on or carry out suggestions, orders, or instructions of others.

REFERENCES:

***** w02 12/15 p. 16 “He Will Draw Close to You” *****

(Because Satan is trying to capitalize on negative feelings, we need help).

***** w01 4/15 p. 22 How to Cope With Negative Feelings *****

***** w62 11/15 p. 675 Why Take a Negative Viewpoint? *****LIKE a seemingly unscalable wall a negative viewpoint can often stand between you and the success of an undertaking

***** g92 10/8 p. 6 Negative Emotions—How Can They Be Overcome? *****

Yes, negative thoughts are often too strong to be simply dismissed. They must be forced out by replacement. Put a different “record” on, a positive one. Switch to a different, upbuilding “channel,” a different “station,” and get absorbed in it.

*****w93 4/15 p.13** Negative thinking is like rust on the helmet of hope. It is corrosive, and gradually it could render the helmet useless. Don't be fooled by the mistaken notion that a cynical, critical, pessimistic attitude is the same as intelligence. Actually negative thinking demands little of the intellect.” –



EXAMPLES OF NEGATIVE THINKING:

Jeremiah	(Jer. 1:6-8)
Third slave	(Matt. 25:18)
Ten spies	(Numbers 13:28, 31)
Asaph	(Psalm 73:13, 14).
Baruch	(Jeremiah 45:3).
Naomi	(Ruth 1:20, 21).



PONDERISMS AND SHORT TRUTHS:

"Your mind can only dwell on one thought at a time. Positive or **Negative**. Whatever you dwell upon constantly, will be accepted by your inner self."

Fear is the dark room where **negatives** are developed

"Dwelling on the **negative** simply contributes to its power."

Dwelling on **negative** things is like writing a nasty letter to yourself, reading it and then becoming offended by it.



NEGATIVE THOUGHTS:

- A pessimist keeps blowing out the light to see how dark it is.
- Dwelling on **negative** things is like writing a nasty letter to yourself, reading it, and then becoming offended by it.
- Indecision may or may not be my problem.
- If you really put a small value upon yourself, rest assured that the world will not raise your price.

- If we keep on looking back, it is like driving down the road in a car and focusing on the rear-view mirror instead of watching the road ahead -- we are bound to "crash."
- You can't be a smart cookie if you have a crummy attitude.
- Nobody raises his own reputation by lowering others.
- Nothing ruins the truth like stretching it.
- A bad conscience has a very good memory.
- A hard thing about business is minding your own.
- When looking for faults use a mirror, not a telescope.
- Jumping to conclusions can be a bad exercise.
- People don't fail, they give up.
- Forbidden fruit is responsible for many a bad jam.
- Failure is the path of least persistence.
- Some folks won't look up until they are flat on their backs.
- Heaviest thing to carry--a grudge.
- It's not the load that breaks you down, it's the way you carry it.
- We lie loudest when we lie to ourselves.
- The greatest of all faults is to imagine you have none.
- The easiest thing to find is fault.
- Too many of us speak twice before we think.
- Some people develop eye strain looking for trouble.
- It is much easier to be critical than to be correct.
- No man knows less than the man who knows it all.
- One who lacks courage to start has already finished.

- By failing to prepare, we prepare to fail.
- There is no right way to do a wrong thing.
- Nearly everyone thinks less than he knows and knows more than he thinks.
- Don't ever let your problems become an excuse.
- Most people believe they see the world as it is. However, we really see the world as we are.
- The passion to get ahead is sometimes born of the fear lest we be left behind.
- Fear is that little darkroom where negatives are developed.
- People often say that this or that person has not yet found himself. But self is not something one finds. It is something that one creates.
- If you don't want the fruits of sin, stay out of the Devil's orchard!
- Mental talents, if buried and not used, tend to deteriorate.
- Whoever would save his memory by not using it will lose it.
- In trying to save ourselves from being spent, we lose ourselves.
- Many a good man has failed because he had his wishbone where his backbone should have been.
- The bridge you burn now may be the one you later have to cross.
- If you feel "dog tired" at night, maybe it's because you "growled" all day.
- A critical spirit is like poison ivy--it only takes a little contact to spread its poison.
- A man wrapped up in himself makes a very small package.
- People who try to whittle you down are only trying to reduce you to their size.
- The company you keep will determine the trouble you meet.

- Two things are hard on the heart--running up stairs and running down people.
- If you tell little white lies long enough, you'll soon be color-blind.
- Anxiety about what might happen does nothing but sap strength.
- A little modesty is a good thing--too much modesty is hypocrisy.
- For every action, there is an equal and opposite malfunction.
- If you can smile when things go wrong, you have someone in mind to blame.
- If a problem causes many meetings, the meetings will eventually become more important than the original problem.
- Following the path of least resistance is what makes men and rivers crooked.
- If everything seems to be going well, you have obviously overlooked something.
- "Every man is guilty of all the good he didn't do."--Voltaire
- A lot of help at the wrong time adds up to nothing.
- Before you start on the road to revenge, dig two graves.
- Being absolutely sure of yourself is the most reliable way to be absolutely wrong.
- Don't hate yourself in the morning--sleep until noon.
- Feel good? Don't worry, you'll get over it.
- For every action there is an equal and opposite criticism.
- He who laughs last...thinks slowest.
- I didn't throw it, I dropped it over a long distance.
- If at first you don't succeed, blame everyone else.
- It's not difficult, just tedious. But to a person with no patience, there's no difference.

- Lack of practice makes lack of perfect.
- Love your enemies--they'll go crazy trying to figure out what you're up to.
- So much to do, so little desire to do it.
- Sometimes a majority means that all the fools are on one side.
- Teamwork gives you someone else to blame.
- The best substitute for brains is silence.
- The foolish and the dead never change their opinion.
- Things that come to those who wait may be the things left by those who got there first.
- When it comes to giving, some people stop at nothing.
- An unbreakable toy is useful for breaking other toys.
- Good health is merely the slowest possible rate at which one can die.
- Resentment is like drinking poison and expecting someone else to die!
- Some people are alive only because it is illegal to kill them.
- Some people take too much of vitamin "I."
- The trouble with many of us is that in trying times we stop trying.
- Ulcers are something you get from mountain climbing over molehills.
- Ulcers are caused not so much by what we eat as what's eating us.
- Vacation is what you take when you can't take what you've been taking any longer.

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**ILLUSTRATION:**

**Negative** talk can be compared to dangerous rocks "hidden below water." Just as a ship's captain must be alert to avoid these, so too, must Christians avoid such talk which can cause spiritual ruin.

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A survey asked mothers to keep track of how many times they made negative, compared with positive, comments to their children. They admitted that they criticized ten times for every time they said something favorable. A three-year survey in one city's schools found that the teachers were 75% negative. The study indicated that it takes four positive statements from a teacher to offset the effects of one negative statement to a child.

Institute of Family Relations in *Homemade*, December, 1986.

As much as 77% of everything we think is negative and counterproductive and works against us. People who grow up in an average household hear "No" or are told what they can't do more than 148,000 times by the time they reach age 18. Result: Unintentional negative programming.

Shad Helmstetter in *Homemade*, Jan, 1987.