

50 Scriptures to transform your thinking.

Overcome
Negative
Thinking
for a
*Deeper
Life*



G I N G E R H A R R I N G T O N

Overcome Negative Thinking for a Deeper Life

50 Scriptures to Combat Negative Thinking

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Scripture quotations taken from the NASB.

Hello Friend,

I'm so glad you're taking active steps to refresh your thinking. Here's some thoughts about how to use this little book to experience freedom from negative thinking.

- Pray before you read. Ask God to speak to your heart and use this time to show you new ways to overcome thoughts that are holding you back from being all that he created you to be.
- Grab a small journal to record insights and notes. Keep any notes or thoughts from this eBook. At the end of the devotional text, you'll find a practical list of 50 Scriptures to embrace. Reflect on one verse, God's encouragement to you fresh for each day.
- Write your daily verse at the top of a page. Record any thoughts, situations, or emotions the Lord brings to mind as you spend time with him. Finish with a prayer, asking God to help you apply the verse to your thinking throughout the day.
- Be sure to write down your progress in your journal.
- Print out some of the graphics to add to your journal for added impact. If you like, personalize your journal with washi tape for a little easy decoration.

I'm praying God will use this time to refresh your thinking in a powerful way.

Let's do this!

Is Negative Thinking Impacting You?

There's a kind of list we all keep, the kind we don't like to admit. Some lists we rarely talk about, but they can consume a great deal of emotional real estate in our inner thoughts.

You won't find this list posted on the refrigerator with a cute magnet. These are the unspoken lists that are corrosive to our spiritual, emotional, or relational well-being.

Tucked away out of sight, we can hold onto toxic thinking with an iron grip. Have you thought about the kind thoughts that tear you down? In spite of your accomplishments and talents, do you keep a list of all the things you think are wrong with you? The ways you never seen to measure up?

Squirreled away in the nooks and crannies of our hearts are the lists we keep on other people—ways they have hurt us, let us down, or offended us. We keep records of wrongs while overlooking our own shortcomings.

Isn't it time to let go of negative thinking?

Consider the different kinds of lists we keep and the ways toxic thinking negatively impacts our lives.

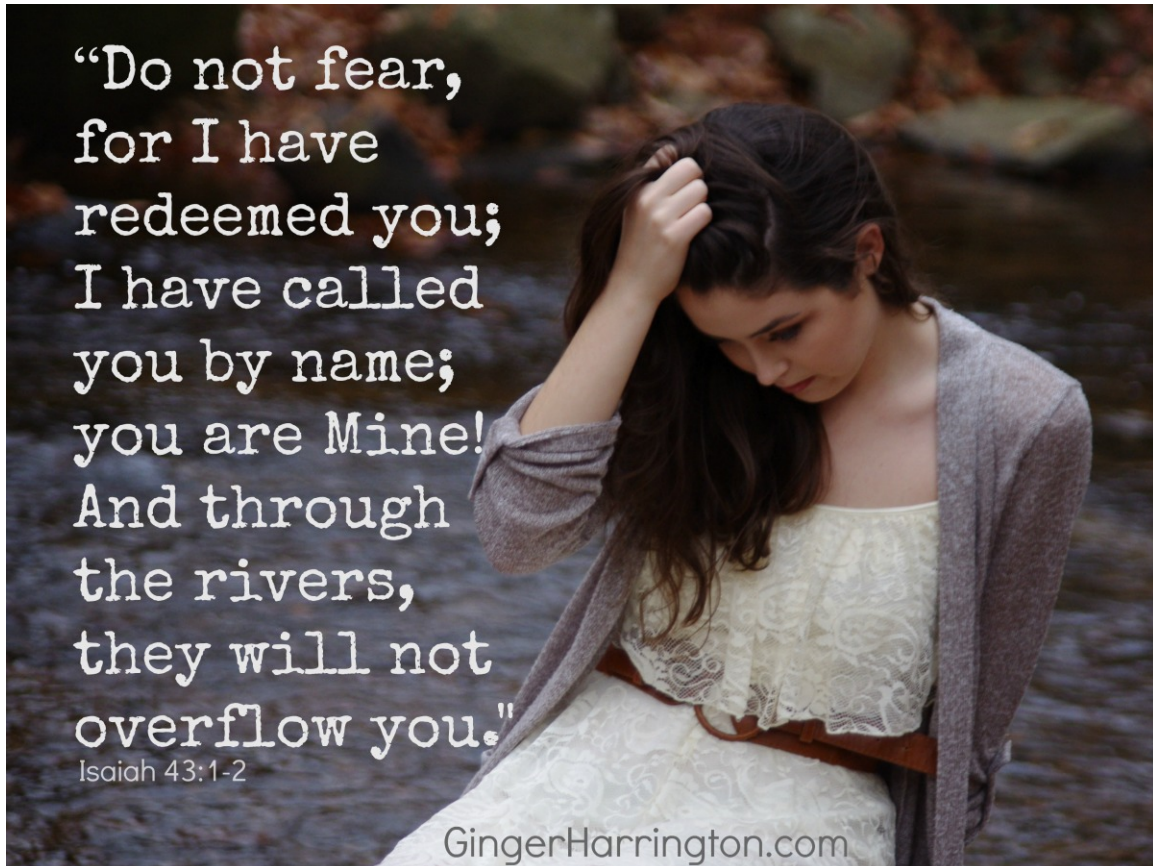
Toxic lists reflect the negative thinking and the coping ways of hurting hearts. They can seethe with silent resentment behind a smile, turn pride into a fortress of anger, or stifle growth with rampant insecurity.

Just last night at dinner I had a discouraging conversation that tempted me to doubt myself. It only took a moment for my thoughts to reach down into my heart and pull up one of my toxic lists. One by one, I began to mentally list the situations that seem to show that my work will never amount to anything. Reasons why I'll never be, can't ever do...

Your list may look different from mine, but we all battle with toxic thinking.

Even as my conversation unfolded, I caught myself pulling up an old, painful list. I prayed, *"Lord, I give you my list. Help me to not give into the temptation to dive into the pit of toxic thinking. Tonight, I choose to trust you and not give into my emotions."*

This morning I shared my concerns with God. *"Lord, show me what is true. Tell me what you think."* Opening my Bible, these are the first words I saw:



*But now, thus says the Lord, your Creator, O Jacob,
And He who formed you, O Israel,
"Do not fear, for I have redeemed you;
I have called you by name; you are Mine!
"When you pass through the waters, I will be with you;
And through the rivers, they will not overflow you.
When you walk through the fire, you will not be scorched,
Nor will the flame burn you.
"For I am the Lord your God,
The Holy One of Israel, your Savior...*

*"Since you are precious in My sight,
Since you are honored and I love you... (Isaiah 43:1-4).*

God reminds me that I am secure, called, loved by His choice. This is the opinion that matters most. When the waters of emotions and confusion rise, He whispers that I am not alone. When the heat of my self-doubt accuses, I will not be burned. His word trumps the false power of my list.

Pay attention to your thoughts, and don't give negative thoughts free reign.

Isn't it Time to Let Go of Your Toxic Lists?

Consider the following list of thoughts that we can struggle to release.

- | | |
|--|---|
| 1. Grievances | 11. Negative things we say to ourselves |
| 2. Complaints | 12. Lies we believe |
| 3. Failures | 13. Faults |
| 4. Situations that didn't work out | 14. Frustrations and irritations |
| 5. Reasons we won't succeed | 15. Fears, worries, and concerns |
| 6. Behaviors people need to change | 16. Accusations |
| 7. Standards others must meet | 17. Times we believe God has let us down |
| 8. Expectations that become demands | 18. Reasons we worry God won't forgive us |
| 9. Disappointments | 19. Prayers we think God hasn't answered |
| 10. Excuses for poor attitudes or behavior | 20. Things we think we can't do |

This is hard stuff, isn't it?

These are just a few of the poisonous thinking patterns that rattle in our heads, hissing with resentments, feeding doubt. Discouragement slithers like snakes in the wet grass of emotions.

Negative thinking and toxic lists wound hearts and crush dreams.



1.Toxic thinking can become an emotional bad habit.

Left unchecked, toxic thinking will make you miserable. Have you noticed that we often keep the longest lists on those we love the most: spouses, parents, siblings, and friends? Sometimes it only takes a critical comment, an unintentional slight, or an angry retort to ignite bitterness. On cue, painful memories flash in our minds as emotions escalate. We bow to familiar accusations that replay like broken records in our heads. Words like *always*, *can't*, and *never* blast our thoughts as we add another infraction to the list.

- *She always let's me down.*
- *I can't do this.*
- *He'll never change.*
- *I'll never be enough.*

2. Toxic thinking is a negative filter distorting truth.

Our perspective warps when we relate to God, others, or ourselves based on hurt, resentment, or a lack of forgiveness. Are we keeping tally in an unhealthy way of proving to ourselves resentment is valid? Our list becomes a both a false truth and a cloudy filter through which we interpret life.

Consumed with our troubles, emotions spiral out of control.
Faith is hampered by false belief and defined by emotion.

3. Toxic thinking influences our speech.

We can begin to echo these words from the book of Job:

*"I loathe my very life;
therefore I will give free rein to my complaint
and speak out in the bitterness of my soul. Job 10:1*

Have you been there? Are you giving free reign to your complaints? Are you speaking out of the bitterness of your soul?

When it is quiet, and its just you and your thoughts, what is your heart saying?

For the mouth speaks out of that which fills the heart. The good man brings out of his good treasure what is good; and the evil man brings out of his evil treasure what is evil. Matthew 12:34-35

Whether our toxic thinking is personal or directed at someone else, this is no way to live. It's just plain miserable.

*Whether we like it or not, we come to a
powerful moment of choice.*

- Will we react or respond?
- Will we choose patience or anger?

- Will we resent or forgive?
- Will we move forward or stay stuck?

How often does this powerful moment of choice slip by unnoticed, drowned by mental noise of our negative thinking?

Awareness is the first step to making better choices with our thoughts, words, and actions. A toxic internal list corrodes our soul and complicates our relationships.

How much lighter would we feel if we gather the courage to c

What will it take to combat negative thinking?

Only when we release of our toxic thinking will we have empty hands and ready hearts to receive God's blessings. This is an intentional choice we make to obey God and honor others as well as ourselves. Free from negative thinking patterns, we can live lightly in the confidence we are loved, valued, and filled in Christ.

With nearly every conversation we ask, "How are you?" I answer, "Fine. I am doing well."

And I am.

And yet at the same time, beneath the fine, I often hold a silent conversation with myself. Negative thoughts invade the peace of my days, breaking in just when I think I've put them to rest.

Common Types of Negative Thoughts

Toxic thoughts are corrosive to our spiritual, emotional, physical, and relational well being. For me, negative thinking is a consistent battle. I'm not proud to admit my struggle with negative thoughts, but it is one of the challenges of being human. According to Dr. Rita Schulte, author of ***Think This, Not That***, the most common types of negative thoughts include the followingⁱ

1. **Should, must, ought to be, and have to be statements:** These inflexible beliefs are based on misperceptions and can lead to anxiety, depression, self-pity, anger, and guilt.

2. **Jumping to conclusions, mind reading, and fortune telling (thinking we know what will happen):** These patterns interpret situations and outcomes based on distortions, fears, and beliefs.
3. **Overgeneralization:** This cognitive distortion happens when we assume that because something happened one way it will always happen that way. We can recognize this thinking pattern by words like never, always, and everyone.
4. **Personalization:** When we see things as our fault without recognizing other contributing factors, we are personalizing. People who personalize see the issue as something wrong with themselves, a character flaw or deficit. It often cycles into personal name calling (I'm an idiot, I'm a loser, I'm unloveable) and self-condemnation.
5. **Disqualifying the positive:** Schulte explains this pattern, "Disqualifying the positive is a way we overestimate a negative outcome and minimize our ability to cope with difficult situations. We reject our positive experiences, or our strengths, and we focus instead on the negative aspects of our situation or our character (p.97).
6. **Catastrophizing:** Imagining the worst and blowing things out of proportion are typical of catastrophizing thoughts. This kind of thinking provokes anxiety, focusing on *what if's* and fears.
7. **Emotional reasoning:** Interpreting negative feelings as truth is a destructive pattern of unhealthy thinking. I *feel* unworthy becomes a belief that I *am* unworthy. I wrote a lot about this pattern in ***Holy in the Moment***.
8. **All or nothing thinking.** This pattern moves from one extreme to another, not recognizing the middle ground between. For example, feeling inadequate may lead to the belief *I must be perfect or I'm a total failure*.
9. **Externalizing:** The opposite of personalizing, externalizing blames others or situations without acknowledging any role or responsibility in the issue. We find a biblical example of externalizing when Jesus asks, "Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye?" (Matthew 7:3).
10. **Magnifying/minimizing:** Making a mountain out of a molehill is a type of magnifying thoughts. On the opposite extreme is minimizing situations, feelings, pain, problems, offenses. Again, Dr. Schulte helpfully explains the problem with minimizing: "Here you shrink the importance of things, such as your feelings when you're hurt, saying they don't really matter, for one reason or the other. This is often known as the martyr complex. Comparing yourself or what you're going through with what someone else is feeling is

another way to open the door for minimizing. It's healthy to feel your feelings when you have them. Minimizing does your pain a disservice" (p.101).

Learning to identify the kinds of toxic thinking is the first step to overcome the mental trap of negative thinking. Pay attention to your thoughts, and don't give negative thoughts free reign. Well, try not to. It's a challenge, for sure.

Negative thoughts take on a life of their own if we permit the old accusations and toxic patterns to have their say. Self-criticism that comes with personalizing and minimizing are a few of the patterns I'm working on. Kindness to others comes easier than kindness to myself. Do you say things to yourself you would never say to someone else?

When we develop the mental and spiritual strategies to overcome negative thinking, we shed ourselves of dead-weight internal words that drag us down and distort our perceptions.

When it is quiet, and it's just you and your thoughts, what is *your* heart saying? Consider the following strategies that have brought a deeper level of wellness and freedom in my thinking.

Strategies for Combatting Negative Thinking

1. **Embrace your ability to choose the thoughts you dwell on.**

Awareness is the first step to making better choices with our thoughts, words, and actions. Think about what you're thinking about. When negative thoughts bombard your mind, choose to reject toxic thinking.

In ***Holy in the Moment***, I shared a helpful illustration that helps me break the cycle of negative thought patterns.

Your mind is a door to your soul, and you are the doorkeeper. Though there are many things in this life you can't control, God has gifted you with the ability to open and shut the door to your mind, to choose what you will think about.

You can choose thoughts you will receive and the ones you will reject. I'm not saying you can keep a thought from knocking at the door—but you can choose whether or not you will agree or dwell on the thought. The more attention and confidence we place we place in a thought, the stronger it grows. Isn't it time to learn to shut the door to unwanted thoughts? -Holy in the Moment

A powerful way to break the cycle of negative thoughts is to recognize that our emotions are responses that indicate what we believe to be true in the moment. Reframing our inner conversation to acknowledge our feelings but focus on truth changes the neural pathway of the thought.

Awareness of the types of negative thinking empowers us to make a different choice when these kinds of thoughts that demand our attention by pounding on the door of our minds.



2. Pray for God's help for breaking ingrained thought patterns.

Prayer is a powerful practice for overcoming our tendency to dwell on the negative. Many negative thought patterns run under the radar of our awareness and are often habitual patterns that can be hard to harness. God is the one who does the heavy lifting in transforming our thoughts. A simple strategy is to ask Christ to empower you to recognize negative thoughts and to make a better choice. In the moment, rely on Christ to help you to choose to break the cycle of toxic thinking:

- *Faith in the place of doubt.*
- *Rely on the Spirit rather than default to old patterns of the flesh.*
- *Good instead of evil.*
- *Love rather than animosity.*
- *Trust instead of anxiety.*
- *Forgiveness rather than bitterness and resentment.*
- *Right instead of wrong.*
- *Purity over immorality.*

3. Bring your thoughts under the control of the Holy Spirit.

In 2 Corinthians 10:5, we find a powerful and practical strategy for making holy choices with our thoughts: “*We are* destroying sophisticated arguments and every exalted *and* proud thing that sets itself up against the [true] knowledge of God, and *we are* taking every thought *and* purpose captive to the obedience of Christ” (2 Corinthians 10:5 AMP, emphasis added).

To capture our thoughts is to recognize and notice them, and it is also refusing to let toxic thoughts run wild, build walls, define identities, or drive decisions. Capturing is surrendering thoughts to Christ rather than letting them fester or entrench themselves in our minds.

We bring Christ into the negative when we entrust our thoughts to Him. Dr. Caroline Leaf explains that when we do this, something amazing happens both spiritually and physically. Harnessing negative thought, changing it through awareness, repentance, and forgiveness, and replacing it with truth helps rewire healthy new circuits in our brains, part of God’s transforming work in our minds.ⁱⁱ (**Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health**, p.71).

4. Renew your mind by meditating on God's Word.

On a quiet morning I prayed about my negative thoughts. God drew my attention to these words in Psalm 104:33-34. As I wrote them in my journal the Holy Spirit shared new insights with me. If you want to change your negative thinking patterns, praise and meditation are powerful ways God can transform our minds and renew our thoughts. Here is a sample of what I learned as I listened to God as I reflected on His Word.

I will sing to the Lord as long as I live

- Praising God is a life style.
- It's a choice for every day.
- Praising God makes our heart sing (rather than strive within us).

I will sing praise to my God while I have my being.

- Music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, creativity, and memory.
- A worshipful mind becomes part of who we are and how we live.

Let my meditation be pleasing to Him;

- Meditation in this case refers to our thoughts.
- This is a prayer, a goal, and an intention: to have thoughts that are pleasing to God.
- There is a partnership between our intention/action and God's provision.

As for me, I shall be glad in the Lord.

- This is a commitment and a decision to make.
- *I shall* indicates both choosing and believing; it relates to both process and outcome.
- Gladness is the both an intention and the by-product of focusing on God rather than our complaints or troubles.
- When gladness is my state of being, I will not be held captive by negative self-talk.

5. Memorize key verses to replace negative thoughts with God's truth.

One of the weapons of spiritual warfare is the sword of the Spirit. The Word of God is living, active, and powerful for fighting the battlefield in our minds. Try memorizing a few of the scriptures below to break the pattern of negative thinking in your life.

*I have hidden your word in my heart,
that I might not sin against you. Psalm. 119:11 NLT*

Win the Battle in Your Mind

Friends, negative thinking is not going to go away on its own. Those toxic thoughts will not straighten up and decide to play nice. Let unattended, our thoughts run rampant with complaints, fears, criticisms, envy, bitterness... Take your pick--there's plenty to choose from.

Rely on Christ as you practice these strategies to stop negative thinking. **Just a warning: this is NOT a one-time thing.** Fight the battle as many times as it takes. Remember that you have the indwelling presence of the Holy Spirit to help you. When negative thoughts bombard your mind, entrust the Holy Spirit to do what you cannot do on your own.

Living in the Spirit

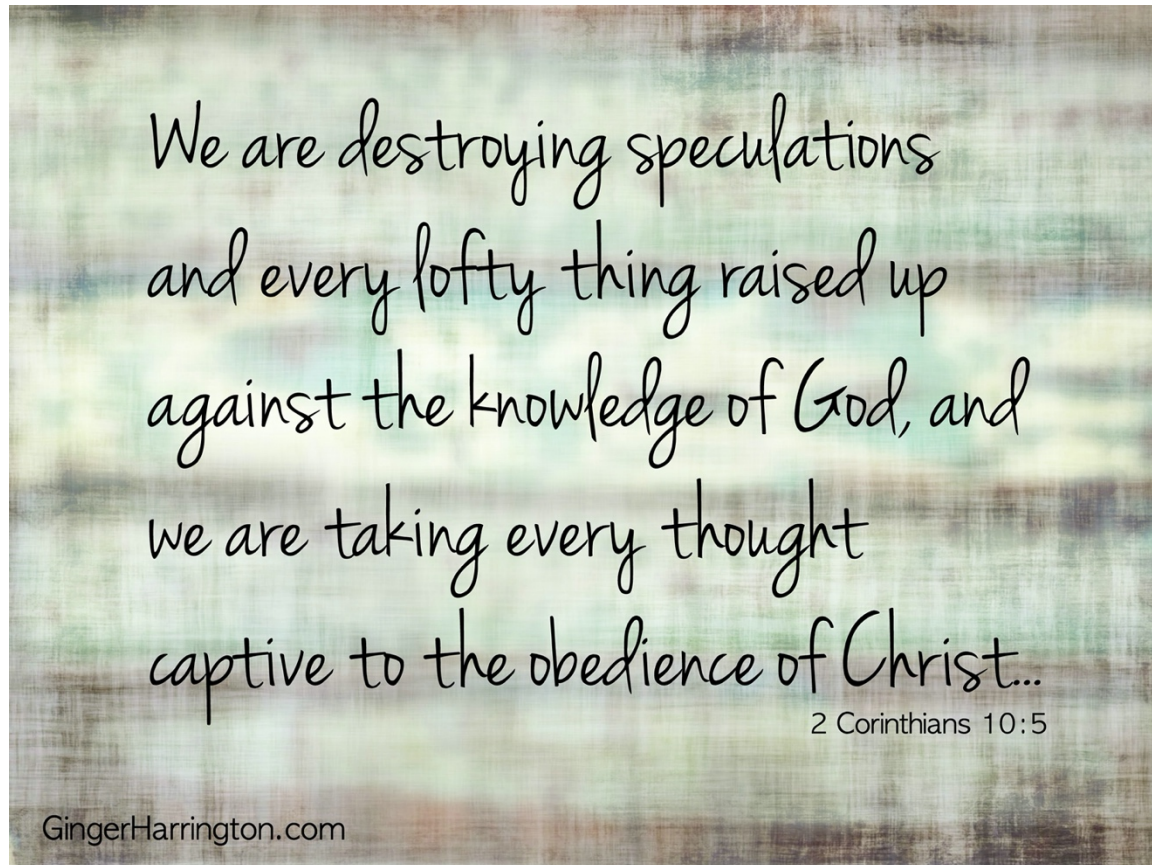
means that I trust the Holy Spirit to do in me what I cannot do myself.

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Only when we let go of our toxic thinking will we have empty hands and ready hearts to receive God's blessings. This is an intentional choice we make to obey God and honor others, as well as ourselves. Free from our toxic thinking, we can thrive in the confidence we are loved, valued, and filled in Christ.

Win the battle for your mind with these powerful verses. Speak, write, pray, sing, or memorize God's word to replace toxic thoughts.

Let God's truth change the way you think.



Going Deeper Begins with Our Thoughts

Are you ready to stop allowing your thoughts to boss you around? Yes, me too! Together, let's stop allowing toxic thoughts to sabotage our spiritual, emotional, physical, and relational well-being. Go deeper than the surface of your thoughts to identify negative thinking patterns as you practice these mental and spiritual strategies to combat negative thinking. Apply biblical wisdom as you trust Christ to break the pattern of negative thinking.

Friend, a deeper life starts now as we combat negative thinking. Use the following scriptures to beat the battle for your thoughts.

Take some time to read through the following scriptures. Reflect on a verse a day with prayer and intention to put it into practice. Listen to God to give you a fresh insight on each verse and how it relates to your thought life. One day at a time, work on applying truth to overcome negative thinking. Before you know it, you will experience the refreshing habit of bringing your thoughts to Christ. After 50 days of reflecting on these verses and choosing positive thoughts, you will have built some new thinking habits.

Keep a journal of what you learn as God renews your thinking with His word. Negative thoughts will come, but we will be well armed to win the battle with fifty scriptures to overcome negative thinking.

Here's some thoughts about how to use this little book to experience freedom from negative thinking.

- Pray before you read. Ask God to speak to your heart and use this time to show you new ways to overcome thoughts that are holding you back from being all that he created you to be.
- Grab a small journal to record insights and notes. Keep any notes or thoughts from this eBook. At the end of the devotional text, you'll find a practical list of 50 Scriptures to embrace. Reflect on one verse, God's encouragement to you fresh for each day.
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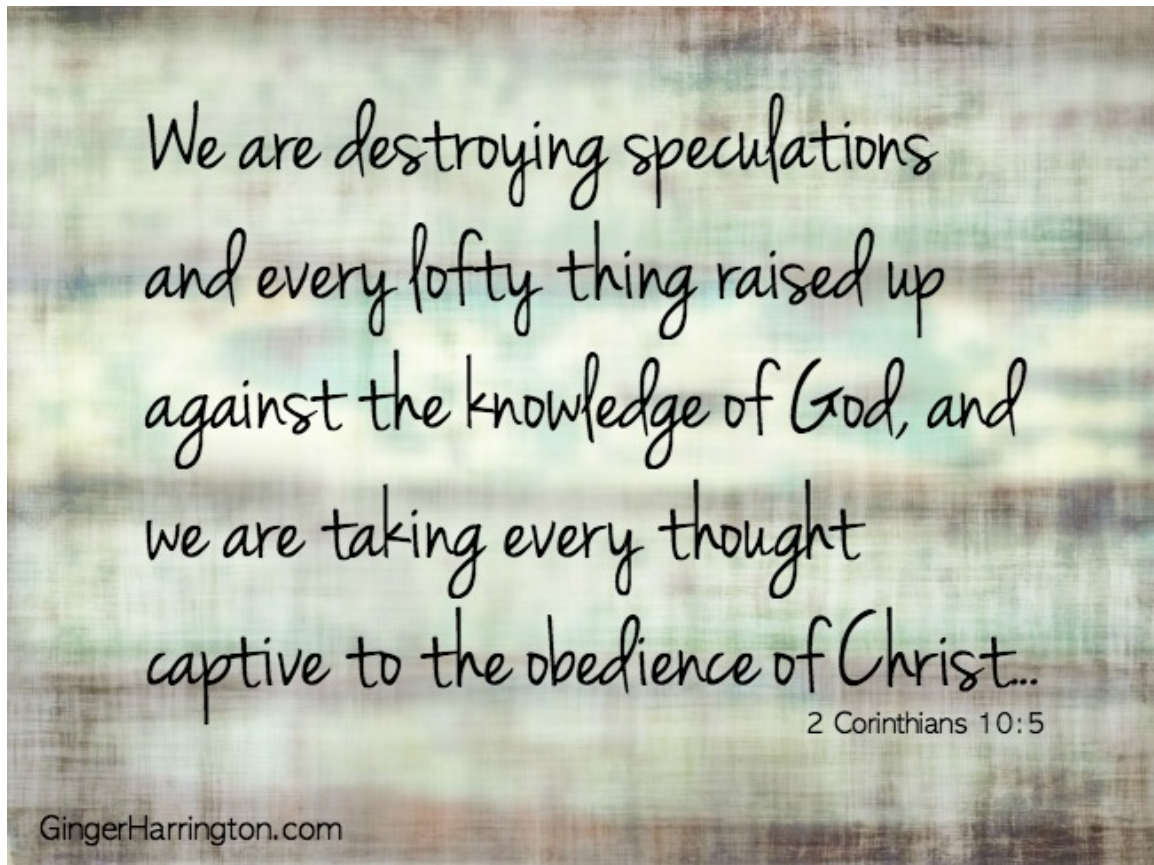
I'm praying God will use this time to refresh your thinking in a powerful way.

Let's do this!

50 Scriptures to Overcome Negative Thinking

1. Have this attitude in yourselves which was also in Christ Jesus... Philippians 2:5
2. *We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ, 2 Corinthians 10:5
3. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, Romans 8:6
4. Search me, O God, and know my heart;
Try me and know my anxious thoughts;
And see if there be any hurtful way in me,
And lead me in the everlasting way. Psalm 139:22-24
5. Christ in you, the hope of glory. Colossians 1:27
6. Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual *thoughts* with spiritual *words*. 1 Corinthians 2:12-14
7. For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. Hebrews 4:12
8. Let the words of my mouth and the meditation of my heart
Be acceptable in Your sight,
O LORD, my rock and my Redeemer. Psalm 19:14
9. Finally, be strong in the Lord and in the strength of His might. Ephesians 6:10
10. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm

therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil *one*. And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God. Ephesians 6:13-17



11. Guard, through the Holy Spirit who dwells in us, the treasure which has been entrusted to *you*. 2 Timothy 1:14

12. "The steadfast of mind You will keep in perfect peace, because he trusts in You. Isaiah 26:3

13. And the work of righteousness will be peace,
And the service of righteousness, quietness and confidence forever.

Then my people will live in a peaceful habitation,
And in secure dwellings and in undisturbed resting places... Isaiah 32:17-18

14. O LORD, my heart is not proud, nor my eyes haughty;
Nor do I involve myself in great matters,
Or in things too difficult for me.
Surely I have composed and quieted my soul;
Like a weaned child *rests* against his mother,
My soul is like a weaned child within me. Psalm 131:1-2

15. Trust in the LORD with all your heart
And do not lean on your own understanding.
In all your ways acknowledge Him,
And He will make your paths straight. Proverbs 3:5-6

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

17. Finally, brethren, whatever is true, whatever is honorable, whatever is right,
whatever is pure, whatever is lovely, whatever is of good repute, if there is
any excellence and if anything worthy of praise, dwell on these things.
Philippians 4:8

18. "In your anger do not sin": Do not let the sun go down while you are still
angry, and do not give the devil a foothold. Ephesians 4:26-27

19. But everyone must be quick to hear, slow to speak *and* slow to
anger; for the anger of man does not achieve the righteousness of God.
James 1:19-20

20. Do everything without grumbling and complaining. Philippians 2:14

21. Love is patient, love is kind *and* is not jealous; love does not brag *and* is
not arrogant, does not act unbecomingly; it does not seek its own, is not
provoked, does not take into account a wrong *suffered*, does not rejoice in
unrighteousness, but rejoices with the truth; bears all things, believes all
things, hopes all things, endures all things. 1 Corinthians 13:4-7

22. Do not let kindness and truth leave you;
Bind them around your neck,
Write them on the tablet of your heart. Proverbs 3:3
23. Whenever you stand praying, forgive, if you have anything against anyone,
so that your Father who is in heaven will also forgive you your
transgressions. Mark 11:25
24. Watch over your heart with all diligence,
For from it *flow* the springs of life. Proverbs 2:23
25. A joyful heart is good medicine,
But a broken spirit dries up the bones. Proverbs 17:22
26. Let all bitterness and wrath and anger and clamor and slander be put away
from you, along with all malice. John 3:31-32
27. Be kind to one another, tender-hearted, forgiving each other, just as God in
Christ also has forgiven you. Ephesians 4:31-32
28. "If you continue in My word, *then* you are truly disciples of Mine; and you
will know the truth, and the truth will make you free." John 8:31-32
29. And He was saying to them, "Take care what you listen to. By your standard
of measure it will be measured to you; and more will be given you besides.
Mark 4:24
30. For as he thinks within himself, so he is. Proverbs 23:7a
31. Why are you in despair, O my soul?
And *why* have you become disturbed within me?
Hope in God, for I shall again praise Him
For the help of His presence. Psalm 42:5
32. And do not be conformed to this world, but be transformed by
the renewing of your mind, so that you may prove what the will of God is,
that which is good and acceptable and perfect. Romans 12:2

33. Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit. Romans 15:13
34. It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life. John 6:63
35. The good man out of the good treasure of his heart brings forth what is good; and the evil *man* out of the evil *treasure* brings forth what is evil; for his mouth speaks from that which fills his heart. Luke 6:45
36. Therefore encourage one another and build up one another, just as you also are doing. 1 Thessalonians 5:11
37. Live in peace with one another. We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone. 1 Thess. 5:13-14
38. See that no one repays another with evil for evil, but always seek after that which is good for one another and for all people. 1 Thessalonians 5:15
39. Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. Do not quench the Spirit... 1 Thessalonians 5:16-19
40. But now you also, put them all aside: anger, wrath, malice, slander, *and* abusive speech from your mouth. Colossians 3:8
41. Put on the new self who is being renewed to a true knowledge according to the image of the One who created him... Colossians 3:10
42. So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these things *put on* love, which is the perfect bond of unity. Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Colossians 3:12-15

43. To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil or insult for insult, but giving a blessing instead... 1 Peter 3:8-9
44. When my anxious thoughts multiply within me, Your consolations delight my soul. Psalm 94:19
45. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4:29-30
46. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32
47. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. Philippians 4:11-12
48. Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ... Ephesians 1:3
49. I will lift up my eyes to the mountains;
From where shall my help come?
My help *comes* from the LORD...
The LORD will protect you from all evil;
He will keep your soul.
The LORD will guard your going out and your coming in
From this time forth and forever. Psalm 121:1-2, 7-8
50. I will sing to the LORD as long as I live;
I will sing praise to my God while I have my being.
Let my meditation be pleasing to Him;
As for me, I shall be glad in the LORD. Psalm 104:33-34



Discover how to experience healing and wholeness in your daily moments.

Holy in the Moment includes Ginger's personal journey in finding help and hope for anxiety, people-pleasing, perfectionism, discouragement, and insecurity as well as biblical insights and simple ideas to enjoy a deeper life with freedom in Christ. Bring the reality of grace, healing, and holiness into your daily experience with intentional choices.

Insecurity drives us to *try harder, be better, and do more* to prove our worth and value. What a relief to recognize we don't have to make ourselves holy and acceptable to God. Rather than requiring perfection, God simply asks us to rely on Christ moment by moment.

Learn to thrive in your holy identity as Ginger provides practical ways to:

- overcome anxiety, perfectionism, negative flesh patterns, and shame
- experience the freeing power of abiding, surrender, and relying on Christ
- deepen your prayer life, listen to God, and flourish in His Word
- identify false motivations and beliefs hidden beneath thoughts and feelings
- find healing for hurts and vulnerable emotions
- thrive in your identity in Christ

The truth is that holiness is a secret to freedom and joy, empowering us to live out our identity in Christ. How do we find the holy in the hard times of life? How do we align our thoughts, emotions, and actions in line with our faith?

One choice at a time.

ⁱ Schulte, Rita A. *Think this Not That: Rewiring Your Brain to Eliminate Toxic Thinking* (p. 97-101). Abilene Christian University Press and Leafwood Publishers. Kindle Edition.

ⁱⁱ Dr. Caroline Leaf, *Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health* (Grand Rapids: Baker Books 2013) 71