

## Focus on the Good

Most any day, we find ourselves focusing more on our troubles and the weight of them than on the good things that God is doing for us. But Jesus, knowing the frailty of our humanity, said, "Let not your heart be troubled: you believe in God, believe also in me" (John 14:1). Here we see that Jesus intentionally changes our focus to looking at Him and His goodness. Truthfully, we can do very little about all our troubles. Yet if we can focus on the goodness of God, we can walk through it without so much worry, frets, and tears.

Jesus knew that you would face many challenges, demands, and stressful situations, yet He wants to remind you that He was, and is, in the midst of everything you face. Truthfully, He has already worked it out! You have believed in Jesus this far, so don't let these things cause you to lose your sights on Him. He has already promised that He would "never leave you or forsake you," therefore, you are never alone. Your solution is always to seek Christ who is The Answer. If you know Him and believe that He is with you, then you can learn to cast the weight of your troubles on Him and enjoy the peace and joy that Jesus meant for you.

The apostle Paul faced many overwhelming odds, yet he boldly said, "We are often troubled, but not crushed; sometimes in doubt, but never in despair; there are many enemies, but we are never without a friend; and though badly hurt at times, we are not destroyed" (2 Corinthians 4:8-9 GNB). This should give us hope that though we face the odds of overcoming, we can defeat that little voice in our heads that say we are not good enough, that we cannot make it, or that we will never measure up to what we are supposed to be in Christ. So, I say, you can beat the odds!

I believe that you have faith in God. And I know for sure that when you first accepted Jesus Christ, you knew that He would be there for you. You knew up front that there would be troubles, but you also knew that God would help you when troubles came. So, I stir up your mind to recall all the good times - and to expect them again! Don't let the troubles or distresses of today cause you to be robbed of the joyous life in Christ that is meant for you to have right now.

Dear Father,

I pray that their focus stays upon you and that they remember the promises you have made to them. I speak to their minds and hearts that the longevity of their troubles or stressful situations, will no longer rob them of their joy in Christ. In the place of their sorrows or distresses, I speak joy, a fullness of joy, an unexplainable joy, a crazy joy, and even an explosive joy in their hearts. Let their joy be overflowing, their faith be full, give them a peace that defies human nature, and a love that exceeds human limitations. Because of your faithfulness in carrying their troubles, let a shout of praise explode from their bellies like molten lava in your presence. Let the sounds of worship pour forth in an unprecedented measure that it cannot be contained or stopped. Let every vile and filthy demon be afraid of the praise that pours forth out of their mouths. And let heaven rejoice with them in a jubilation in your mighty name! Because they do believe in God, they do believe in Jesus Christ, and they do believe in the Holy Spirit, and by your power they are overcomers by the mighty name of Jesus! They are releasing now unto you every burden and every weight for you to carry.

Now Father, you are able to keep their feet from slipping, their tongues from unbelief, their hearts from failing, and their souls until the day you return for them. May their courage withstand the mightiest of trials and tribulations because their God is mightier than it all! Father, your love abounds and overflows to them and they are truly blessed to have a Mighty, Loving, Faithful God like you! We declare their sights to remain on the Good God, and that your joy will invade their hearts until the weights of their troubles fade away! Amen!

*Dr. Nina Gardner*



*International Ministries, Inc.*