

It never ceases to amaze me how easily negative thoughts invade my mind. Some of them self-induced, some of them incited by others. My daily mental chatter is interrupted sometimes by unwelcome thoughts that serve only to sabotage me, bringing me down ever so low. It gets me so mad when I realize I've let that happen. But whatever, I think that happens to most of us. The thing is to catch myself and click out of that mode. So I clasp my hands together as tightly as I can, and ask for a little help from above. That works. That and a good song. ; )

Dear God:
Please untie the knots
that are in my mind,
my heart and my life.
Remove the have nots,
the can nots and the do nots
that I have in my mind.
Erase the will nots,
may nots,
might nots that may find
a home in my heart.
Release me from the could nots,
would nots and
should nots that obstruct my life.
And most of all,
Dear God,
I ask that you remove from my mind,
my heart and my life all of the 'am nots'
that I have allowed to hold me back,
especially the thought
that I am not good enough.
Amen
Author Known to God

"To be made new in the attitude of your minds."

~ Ephesians 4:23

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