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*Dear Lord I give you permission to override my negative thinking. Grant me the grace to cleanse out my thought life from all that is ignoble and unclean. Help me to have eagle eye vision to be able to tune into all that has a contaminating and corrupting influence in my life so that I can by your grace remove it from my mind. Set me apart to be used for noble and honorable purposes. I want my heart consecrated to yours so that I am equipped and ready for every good work you call me too.*

Edge God In Podcast Week 17: A Negativity Detox: Step 1

The focus for this study is a very timely topic and as we find ourselves surrounded with negativity. Let's face it, you can't give out to the world what you don't take time to master within. With that said, it makes perfect sense that the first step in a negativity detox requires high noticing around the negative elements you are allowing into your interior castle, those tenants that you are giving free rent to who are trashing your interior world, AND a willingness by the assistance of the HELPER, the Holy Spirit to take every thought captive and make it obedient to Christ. 2 Corinthians 10:5 is a worthy verse of memorization: “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

Learn:

The discovery of mirror neurons in my opinion is one of those biological wake up calls that reveals an essential element to the point of entry of negativity: our thought life… which ignites our emotional state of being. An emotion is simply your body's response to your thought life. Mirror neurons fire in the sender of information and the receiver. Basically anger evokes anger, love evokes love. Whatever you are experiencing emotionally triggers similar emotions in people around you. God biologically wired us to rejoice with those who rejoice and mourn with those who mourn. What was meant for good can easily be flipped to evil when we allow the emotions of envy, strife, bitterness and judgment live under the roof of our minds.

Once you invite the Holy Spirit within your interior castle to help you master this space and detox your mind by evicting those tenants who thrive on negativity: drama judgment/accusation/shame, conflict, confusion, overwhelm, fear, doubt, worry you begin to reclaim the inner freedom of positivity Christ died to give you and you are then in a position to be able to step into being the light of the world, a city set on a hill to give light to all who see it.

As Romans 12:1 reveals to us the way in which we transform out of negativity into the positive, confident space of the One who has equipped us with a spirit of power, love and self-control (2 Timothy 1:7, self-control over negative rumination) is to meditate upon that which is good, right, true, beautiful, excellent and praise worthy (Philippians 4:8).

Reflect: Read Matthew 5:14-16

* How much time do I spend meditating on what is beautiful in the eyes of the Lord?
* What is your “basket” that dims your light? What specific negative thoughts keep you from putting your light on a lampstand for all to see? What will it take to remove your basket?
* What specific shiny objects draw me away from my calling to be a light in this world, a city set on a hill?
* What negative thoughts do I want to detox from my life so that my light can shine before men in such a way that others see my good works and glorify God?

Identify & Integrate:

Be aware: those little serpents do not evacuate without a fight. Messages will pop up out of nowhere sabotaging your best efforts to evict and detox your head trash. Messages like: *"WHAT? You might miss out on something if you don't stay in the know of the drama! Judgment of others keeps you safe in your belief system. Conflict keeps you in the game. Who would you be if you didn't worry? Worry gives you a sense of control over the unknown. When you worry or fear at least you are alert and not caught off guard if something bad happens, you are standing guard and ready to fight."* You may want to step into the calm of Philippians 4:6 and live a life without anxiety but if your mind is filled with anxiety producing statements you will end up mucking around in negativity. As Jesus pointed out a house divided against itself will fall (Luke 11:17).

Pause for a moment and recall a negative thought that has won your approval over time.

For example, this is a popular one that shows up a lot in coaching sessions: *"If I hold back my best then at least I can fall back on the fact that I didn't give it my all."* OOOOOO that's a good one. This creepy little reptile can hold you back from stepping into the freedom of Christ (Galatians 5:1) and living a life of confidence knowing that the One who calls you is faithful and He will do it (1 Thessalonians 5:24). Its foundation is built on the shifting sand of a popular child hood wound: "My best is not enough" so as an adult you may conclude: "so why even try." Jesus calls us up and out of our wounds that feed negativity in our lives. Integrate the verses into your thinking so that when you need to erase and replace a negative thought with three positive thoughts as mentioned later in this study you will have them available to the Holy Spirit:

* “It is for freedom that Christ has set us free. Stand firm then and do not allow yourself to be burdened by the yoke of slavery.” Galatians 5:1
* “The One who calls you is faithful and He will do it.” 1 Thessalonians 5:24

Maintain:

* This week step into Meta-Cognition: Think about what you think about. What percentage of your thought life at the end of the day was devoted to positive thoughts: what is good, right, true, beautiful, excellent and praise worthy? Narrow your negative thoughts: One less today than yesterday.
* Practice 3-1. In order to override a negative thought pattern in our life we need the assistance of the Holy Spirit. Science reveals that for every one negative thought it is essential to declare three positive thoughts to override the negative thought. Once you catch a negative thought by its tail and fling it out of your mind quickly declare three positive statements. For example, perhaps you just gave a presentation and your interior tenants of shame and not-enoughness start screaming at you: *that's all you've got? WHAT was that? Did you see your colleague yawning in the back of the room? BORRRING. Your not cut out for top management*. As quickly as possible begin to declare God’s word over that situation: *I believe in the Word of God which declares that whatever I commit to the Lord will succeed and He is able to cause all things to work together for an ultimate good in my life. I trust you Jesus to bless my efforts.*
* Memorize two verses from today’s study that you want to use to help detox negative thoughts from your mind:

*“Whoever cleanses himself from what is ignoble and unclean, whoever separates himself from contact with contaminating and corrupting influences will be a vessel set apart and useful for honorable and noble purposes, consecrated and profitable to the Master, fit and ready for any good work.” 2 Timothy 2:21*

*Dear God, help me to root out internal strife in my life. Make me a light of positivity in this world. I give you permission to detox my thought life. Cast out those thoughts that fuel stupid and foolish arguments and quarrels against myself and others. How can I offer kindness in this world if I am beating myself up in my head? Help me speak kind and supportive words to myself with a gentle and loving intonation. I know I cannot give out what I don’t take time to expand within my soul. In makes sense to me that the most powerful place to begin a negativity detox in my life starts within my own internal dialogue. Help me to use an intonation with myself that reflects the kindness and love of the Holy Spirit. May I be quick to linger in those positive affirming statements that are fueled by your presence and whispers in my life. I want to feel what it feels like to live out Romans 12:1 to be completely transformed by the renewing of my mind. Deeply refreshed and focused on what is good, right, true, beautiful, excellent and praise worthy. Detox my thought life from all negativity.*

**Surround yourself with people who make you a better person in life**