

## **Thought 28**

Good Morning!

Amazing testimonies from people are flooding our office! One woman wrote saying that her kids looked at her after a few days of FASTING FROM WRONG THINKING, and said, “Who are you, and what did you do with our mother?!” They said, “You don’t yell at us anymore. You’re not angry. You don’t eat as much—you’re different!”

I want to share so many more with you, but for now let’s keep steadfast in our Revolution: From the Inside Out!

**Today, we’re fasting from the thought that says, “It’s so hard!”**

Many people don’t even start some things because they have conditioned themselves to think it’s too hard. We defeat ourselves with this thinking, before we even start.

Let’s fast from this thought:

### **1. Realize you are yoked to Him.**

Many people find the Christian life so difficult because they are trying to do it on their own. The Christian life was not meant to be lived that way. We were meant to be yoked to Jesus. He said, “Take My yoke upon you. For My yoke is easy, and my burden is light.” (Matthew 11:28)

**2. Accept that some things are difficult in your own strength,** but God wouldn’t ask us to do something that He doesn’t give us the strength to do. (1 Corinthians 10:12-13) His grace is sufficient for you. (2 Corinthians 12:9)

### **3. Keep in mind (meditate on) the fact that we are one with Him.**

2 Corinthians 13:5 says, “Do you not recognize that Christ Jesus is in you?” He is in you, so whatever you are facing, He is facing with you. Your problem is His problem. Your trial is His trial. Your debt is His debt.

**4. Meditate on God's nature; His ability.**

Jeremiah 32:17 says, "Ah Lord God, Thou hast made the heavens and the earth by thy great power and outstretched arm. Nothing is too difficult for Thee." The Message Translation says, "Dear God, my Master, You created earth and sky by Your great power, by merely stretching out Your arm! THERE IS NOTHING YOU CAN'T DO!"

**5. Matthew 19:26 "With God all things are possible."**

**6. Don't focus on doing things "for Jesus", but FROM Jesus.**

Galatians 2:20 says "It's no longer I who live, but Christ lives in me and the life that I now live in the flesh, I live by faith in the Son of God, who loved me and delivered Himself up for me."

You see, what is impossible and too hard for man, is easy for God. The God of the impossible lives in you.

**THINK IT & SAY IT:**

I am not alone in the challenges and responsibilities of my life. I am yoked to Jesus. His yoke is easy and His burden is light.

The Holy Spirit is my Helper. He lives in me and gives me His strength, encouragement and power.

God knows what I'm going through, and He has given me the grace and ability to make it. I have a covenant with God, therefore my battles are His battles.

Nothing is too difficult for Him, and all things are possible for me, because I believe. I live life from the strength that He supplies in me.

I can do all things through Christ, who infuses me with His strength!

In His Grace,

**Steven Stafford**

<http://www.myganoexcel.biz/sms>