



Keep a Healthy Perspective

Description

Let us not become weary in doing good for at the proper time we will reap a harvest, if we do not give up. (Galatians 6:9)

I am enjoying this 7 week series of learning how to live a joy-filled life with you. I would love to hear how you took time to maximize your moments last week. How did you minimize your distractions and get the most out of the moments that God gave you? Please feel free to share your thoughts with me or if you need to read last week's secret you can read [Maximize your Moments.](#)

This week, I want to share my second secret to a joy-filled life. A joy-filled life is only possible when we **keep a healthy perspective.** This morning, as I went to work to clean out the dishwasher once again and unload the clean dishes I was faced with a choice. I could grumble and complain that here I am once again taking care of these dishes. The pile of dishes is unending and as long as people eat in my house (which I'm pretty sure with three boys in the house, that will not end soon) I need to remind myself how blessed we are. Those dishes remind me that God has provided for our family. We have not gone without a meal. My boys have never had to wonder if their little tummies will be filled.

I remember a time when I was a little girl and my family was essentially homeless. We went from place to place living wherever there was space for us. My dad worked hard but the circumstances of life left us without a home. There were times we came home to the electricity turned off in the dead of winter. Not a good thing when you live in Minnesota. Through the years of experiencing what it's like to be homeless I gained a huge appreciation for what I do have. I learned that I could take my mind to the blessings in life or dwell on what I didn't have. It was always my choice, even as a little girl.

Still to this day, I am thankful for that experience as it increased my awareness of what God has given me today. I don't grumble when there are dirty dishes to be done, I don't complain when the laundry never seems to diminish, I don't take for granted that I live in a beautiful home, or that God has given me the ability to stay home with my boys.

Life is all about perspective. Every day we have a choice to either focus on what God has given us or grumble about what we think we are missing in life. It's always my choice and your choice. I choose to

keep a healthy perspective rejoicing in the fact that God gave me one more day to serve Him, one more day to live my life for Him, one more day to bring Him honor, one more day to share Jesus, one more day with my boys, and one more day married to the man I love.

No one kept a healthier perspective than Jesus Christ as He faced the reality of the cross for you and I. He endured the cross and sacrificed his life that we might experience eternity with God. No sacrifice has ever cost more and no one has ever had to keep a healthier perspective than Christ.

“Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.” (Hebrews 12:2)

I have a thirty-day devotional that shares how to have a healthy mindset in Christ. This devotional will help you gain a healthy perspective and keep it when life gets tough. [Victorious Mindset](#) will equip you to live fully for Jesus even through the toughest of times.

Thank you God for everything that you have given me. Please help me to keep a healthy perspective. When life is hard, please help me find the good. When tough circumstances arise, please remind me that you are in control. When the battles rage around me, may I put my hope in you. And when my strength has diminished may I remember that your power is made perfect in my weakness. May I never forget the sacrifice that Jesus paid for my sins and may I live my life to honor Him in every possible way. Please help me to always keep this at the forefront of my mind, so that I may keep a healthy perspective moving forward.

Living a Joy-Filled Life,

Category

1. Identity in Christ
2. Joyful Living

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1. Joy
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