

Positive Thinking Is Not Faith

By Deborah Sexton

Have you ever felt down and out for one reason or another ? Of course you have, it's a part of life.

During times when you were feeling low have you ever had anyone tell you “ Think positive “ ? or state that “ You're a minister and you sound so negative, I thought you were suppose to think positive. “

It's true I am a minister but I don't really believe in positive thinking.

Positive thinking is like wearing a wig when your hair is a mess, or spraying on lots of perfume instead of taking a bath. You're not fooling anyone, least of all yourself.

For the past 20 to 30 years or so “ Positive thinking “ seems to be some people's answer to everything. It seems to be a “Fad”

I'm not saying being positive is wrong. If it makes you “feel” better of course, think positive.

Let's look at “ positive thinking “ a little deeper.

Life is duality. Everything is a part of and contains it's opposite. For instance North and South are the same thing, just extremes of each other. You can't have one without the other. There is no way for either to exist unless you have one. Do away with one and automatically you do away with both. As long as one exist the other one has to exist also. We see this duality in all things.

Positive and negative are one and the same thing, just extremes of each other. Without having one neither could exist. For instance doubt is belief. Doubt is belief that you won't get or be or do something We always, always get what we believe. If we doubt we will get something, we are believing we won't get it and therefore we don't. So see even doubt is belief.

Belief is Faith. Faith is very powerful and faith works.

Positive thinking is not Faith. Positive thinking does not change things. Only faith can change anything.

Let me give you an example of how positive thinking and doubt are the same thing. In this example I will also show you what faith is and how positive thinking is not faith.

There is a room with a chair.

A person who doubts everything comes into the room and sees the chair. He would like to sit down but thinks “ I wonder if the chair will fall if I sit down “ He starts to sit down but becomes afraid that if the chair falls he will get hurt, so he decides to stand and not sit.”

Later another person who is well known for telling everyone to think positive, comes into the room and sees the chair. He puts on his happy face and says to himself, “ I know this is a strong chair and if I sit down I will be safe. The chair will stand. “ The chair has strong legs and the nails are all in really well. I will be ok if I sit down in this chair.” He sits down in the chair and sighs with relief. “ Wow my positive thinking really works”

Then another person comes into the room. This is a person who has seen good times and bad times and has lived through them all. He knows that sometimes life throws you a curve but he also knows that life goes on and no matter what, life will always have very happy moments. This person has faith in God, himself and life in general. This person walks in and barely even notices the chair. He just sits down and waits for whatever it is he came for.

Faith doesn't question whether the chair will stand or fall

When we have to do positive affirmations or find we are always having to have pep talks with ourselves, it is because we lack faith. “HAVING” to think positive shows we have our doubts.

On days you feel you need to make positive affirmations instead of doing it, just this once pray and say “ God I do have faith but at this time I am afraid and my faith is low could you please help my faith and make me stronger” If you do, I think you will end up feeling better than if you had done 100 positive affirmations. Try it.

Dictionary help:

Faith: Noun: complete trust or confidence in someone or something.

Doubt: noun: a feeling of uncertainty or lack of conviction : Lack of Trust and/or confidence. Fear

Positive: expressing or implying affirmation, agreement, or permission
constructive in intention or attitude sometimes faked not necessarily real.

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