

# MAGNOLIA MINDS: You can choose how you feel, you know

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struggle with this because...  
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Apparently not everyone knows this. Everywhere I look, I see people – Christians, no less! – who have figuratively thrown up their hands and said something like, “I can’t help it. It’s just the way I am.”

You can *choose* a better path. Remember: **You become what you think of yourself.**

In the journey of life, we are often presented with situations that are not within our control. It’s as if we are sailing on an open sea and at times the waves decide to show no mercy.

Remember, **You can’t always choose what happens to you, but you can always choose how you feel about it.** This phrase carries an essence that is not only profound but steeped deeply in the Christian teachings that guide us when we’re navigating the stormy waters of life.

We often find ourselves at crossroads, where the trials and tribulations seem never-ending. It’s during these moments that our faith stands firm as our guiding light, encouraging us to *choose* joy, hope, and resilience over despair.

The Bible encourages us in James 1:2-3 to consider it pure joy when we face trials of many kinds because the testing of our faith develops perseverance.

In the grand scheme of things, our reactions and emotions are

the ship's wheel of our journey. They possess the power to either anchor us in tranquility or leave us adrift amidst turbulent waves.

How beautiful it is that, as children of God, we are gifted with the ability to *choose* the way we perceive and respond to our circumstances.

The story of Joseph (Genesis 37-50), a man who faced unimaginable adversities yet *chose* to harbor no bitterness, stands as a remarkable testament to this principle. Sold into slavery by his own brothers, wrongfully accused, and imprisoned, Joseph could have easily succumbed to anger and bitterness.

Yet, he *chose* a path of righteousness, maintaining an unwavering trust in God's plan. His journey wasn't easy, but his faith and positive outlook transformed his circumstances and eventually elevated him to a place of honor and influence.

*Choosing* joy and maintaining a positive outlook is not about dismissing the reality of our situations or wearing a mask of false happiness. It's about aligning our hearts with the teachings of Christ, who encourages us to cast all our anxieties on Him because He cares for us (1 Peter 5:7).

It's about standing firm in the belief that God is working behind the scenes, turning every setback into a setup for a comeback.

As followers of Christ, we are called to live lives that radiate the fruit of the Spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).

Even in the face of adversity, we have the divine ability to exhibit these attributes, *choosing* to feel and spread joy even when the world around us seems to be falling apart.

Moreover, the *choice* to feel a certain way even amidst trials is a form of worship, a trust in God's sovereignty and a testament to the strength of our faith. It's a conscious decision to let our light shine even in the darkness, showcasing the transformative power of God's love and grace in our lives.

So, as we walk this Believers path together, let's strive to embody the teachings of Philippians 4:8, focusing on whatever is true, noble, right, pure, lovely, admirable – if anything is excellent or praiseworthy – to think about such things.

It's not about ignoring the pains and challenges life throws at us, but *choosing* a perspective that aligns with God's word and promises.

Embracing the *choice* of how we feel about the circumstances that life throws our way is a powerful tool in the Christian walk. It aligns us closer to the heart of God, fosters resilience and hope, and reflects the love of Christ in our daily interactions.

Remember, folks, **You can't always choose what happens to you, but you can always choose how you feel about it.** Let's *choose* a faith that remains unshaken, even in the face of trials.

I sure hope these thoughts resonate with your spirit and encourage you to live a life filled with positivity, deeply rooted in the teachings of Christ. Until next time, be blessed and be a blessing.

*Opinions expressed on this website are those of the authors and do not necessarily reflect those of the Mississippi Baptist Convention Board, The Baptist Record, nor the publication's Advisory Committee. The author may be contacted at [tmartin@mbcb.org](mailto:tmartin@mbcb.org).*