

Renew Your Mind Daily!



“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.” Romans 12:2 NIV

YOU have a choice of what YOU put into YOUR mind.



We have become so conditioned to live with the Television on in our homes 24/7 that we have forgotten that we have a choice!

The choice is...that we CAN turn it OFF!

I have mentioned before that today’s entertainment through the use of Television, Movies, and Video Games more often than not entertains by using plots of violence and less than admirable behaviors of their characters.

Our Society has gradually accepted this as a norm and we, the

viewer, in the process have been conditioned to also accept this type of entertainment as.....THE NORM.



When a baby is born, parents often begin to use repetitive phrases or actions to teach the baby how to say words or to do certain actions.

Repetition is a great tool in “getting” the message!

The more we do something, the better we become at it.

So...my question is this: Why would we not think that being exposed to violence “repeatedly” 24/7 (in some families) through the various avenues of the entertainment industry would not affect the viewer in some way?

There are different ways the viewer can be affected.

Many viewers may not become aggressive and violent but many may carry a load of depression around with them; looking at life with anxiety and fear. Many viewers may not realize that the content of their sources of entertainment could be the cause of this depression. Honestly think about it... figure out how much time you spend watching shows that may cause anxiety, then, decide.

If I watch a tear-jerker of a movie, I often cry with the characters. As a viewer, I often connect to the characters so

closely that I feel emotionally drained for a while after the show is over.

If I would continually watch these types of shows, I would probably need to take stock in a Tissue Manufacturing Company!



ASK Yourself this Question:

Are YOU more edgy after watching an intense movie that features violence and angry characters?

Does it affect your sleep or how you treat others?



YOU have a choice!

YOU can Turn OFF the source of negativity!



Make a CHOICE...

**RENEW your Mind Daily by REPLACING The Negatives
WITH POSITIVES!!!**



**If you have come to a time of your life where you cry more
than you laugh...**

It is time to do something. It is time to seek JOY....

It is time to make NEW Choices...

It is time to replace the negatives with POSITIVES.



**Our lives become complex. Our lives become so busy. We are
drained. "Old habits die hard"; the old saying goes. It isn't
easy to stop the negatives. It takes determination and
effort....AND...it takes an Awareness that you NEED to change.**

**Once you become aware of the need, YOU can begin to make
better choices. YOU CAN replace negatives with POSITIVES!**

Start with a few small choices. Then add a few more.

Looking for POSITIVES will become more natural.

After you “repeatedly” make better choices as you look for POSITIVES, you will start feeling more confident and “happy”. It won’t happen overnight but as you fill your mind with good thoughts, you will begin to think more and more good thoughts!



“Keep Thinking GOOD Thoughts!”

Many people think that believing in God’s Word, the Bible, is a boring way to live and that it takes away all the fun of doing what you want to do.

By the World’s Standards, that could be a true statement.

Yet, as I have learned more about God’s Truth, I find that life is more fulfilling and freeing by accepting God’s Promises for my life. I have learned that by putting Jesus FIRST, Others SECOND and Yourself LAST...

You CAN experience TRUE... J-O-Y!

I pray that you will discover this for yourself. The first step is to allow yourself to have a seeker's heart and then start finding out all you can about God & His Son, Jesus Christ.

I have some suggested resources below for you to check out. These sites can give you more insight and information than I could ever give you.

By seeking...you WILL find your way....

May God Bless Your Journey!

Beth Robbins Bontrager



A FEW SOURCES OF MY POSITIVES:

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the Lord, and bring you back from captivity.”

Jeremiah 29:11-14a NIV



THE BIBLE

<https://www.biblegateway.com/>



CHRISTIAN RADIO STATIONS:

WFRN <http://wfrn.com/listen.php>

Gospel Greats <http://www.thegospelgreats.com/search/>

**(To find others, do a search for “Christian Radio Stations” in
your Browser.)**



INSPIRATIONAL WEBSITES:

Insight for Living

Charles Swindoll <http://www.insight.org/>

Living Proof Ministries
Beth Moore <http://www.lproof.org/>

Focus on The Family <http://www.focusonthefamily.com/>

Turning Point
David Jeremiah
<http://www.davidjeremiah.org/>

Walk In The Word
James MacDonald <http://jamesmacdonald.com/>



BOOKS & MUSIC

These are just a few of my Favorites.

“Jesus Calling” By: Sarah Young

“Intimacy with the Almighty” By: Charles Swindoll

“Take Hold of Your Dream” By: Jentezen Franklin

“Life Rails” By: Scott Walker

“Get Out of That Pit” By: Beth Moore

“Storycatcher” By: Christina Baldwin

“Caught Between A Dream and A Job” By: Delatorro McNeal



CURRENT FAVORITE SONGS

Special Note: The Songs listed below were like a special gift from God. It seemed that He provided them to me at “just the right time” to encourage me along the path to publishing “Butterfly Hugs”. The lyrics and the melodies have empowered me to “keep on keepin’ on”.

I hope you, too, will find songs that will inspire your heart as these have inspired mine.

“Do Something” = Matthew West

“Thrive” – Casting Crowns

“Greater” – Mercy Me

“Glorious Unfolding” – Steven Curtis Chapman

DISCLAIMER: I do not receive any compensation for endorsing the Websites, Speakers and Products that I have mentioned in this post or throughout my website (other than my own – i.e. “Butterfly Hugs” etc.). I have listed these Websites, Speakers and Products only to share them as POSITIVE influences from my personal experience. Each mentioned has inspired me in one way or another on my journey of life in a POSITIVE way!

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