

STINKIN' THINKIN'

Philippians 4:8-9

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put into practice. And the God of peace will be with you."



Your mind doesn't care what you put into it. Whatever you put into it is what will come out of it. If you allow negative things to enter your mind, negative things will come out of it. If you plant positive things into it, positive things will grow out of it. If you plant things that

are true, noble, right, pure, lovely, admirable, or excellent, or praiseworthy into your mind - those things will flow out of your mind and manifest themselves into your life. The opposite is also true.

Plan a daily search of your mind and heart to see what is brewing. Send the stinkin' thinkin' dogs to sniff out anything that is dangerous in your thought life that needs to be chased out. Once you find the bad thoughts, write them down and find posi-

Positive parents will train up positive children.

Look for good things and you will find them.

When all seems bad on earth, look up and know that God is good!

tive counteractive Scriptures to place next to them. With prayer and discipline of thought, God will begin to re-channel the flow of thought into a better direction.

Coaching Perspective

We may not be able to control many things in our lives, but we can always control the way we think. There are times we cannot control the behavior of our players, the attitudes of the parents, decisions of the umpires, and especially the outcome of games. If we are not intentional about our thoughts, they will naturally go negative under the pressure of difficult circumstances. It is only with deliberate effort that we can channel our negative outlook into a more positive form of mind and action. There are days that I have to make a list of all things that are good, pure, and worthy of praise just so that I do not drag my team down with stinkin' thinkin'. I have found that if I search deep enough, there is always something that is good in all situations and it is my job to find it and force my mind to think on those things. God is all about the positive thinking and even tells us in Philippians 4:9 to put these things to "practice" - does this sound familiar Coach? We must "practice" positive thinking to change the old bad habit of negative thinking. Positive coaches will train up positive teams.



The mind is the spiritual battleground. Our battles are won or lost in our minds before we win or lose in life. Sometimes you can tell which team is going to win the game before the first pitch because one team has the look of defeat on their faces. When I see that look in the eyes of my players, you will hear me say, "There is some stinkin' thinkin' going on in this dugout!" That's when we open the Bible and find scriptures to battle our negative thoughts.