



**ATTITUDE** is a little thing, that effects everything. A positive attitude has a ripple effect. Change your attitude and you change your world.”

because regardless of how many times we read through the Bible, if our mind doesn't change, we will simply impose our biases and labels on the words we read. In order to change our thoughts, we must first translate them into words (i.e., positive affirmations) and then into actions in order to manifest our intentions. Positive affirmations are a proven method of rewiring our brains — in the sequence of thought-speech-action — by breaking patterns of negative thoughts, negative speech and in turn, negative actions. They are simply present-tense, positive statements of a desired end-result.

- **First Step:** Make today your Day of Awareness. Try going through one whole day (a full 24 hours) without thinking or saying a single negative thought. No sarcasm, no put-downs, no belittling — of others or of yourself.
- **Step Two:** Declare a ban on all negative thinking for short periods every day, say for 30 minutes when you get up, as you're driving to work or right before you go to bed. Then, gradually extend those times.
- **Step Three:** Identify three positive changes you would like to make in your life and write an affirmation statement for each one. Remember affirmation statements are specific to you, so include "I," use present tense, be specific, be brief and include an action word. Then repeat your affirmations at least 3 times per day, for 30 days. You'll definitely notice a difference!

Examples of some life changing affirmations: Today, I am brimming with energy and overflowing with joy • My potential to succeed is infinite • I base my happiness on my own accomplishments and the blessing I've been given • I enjoy my coworkers and look forward to working with them today • (if you're married) I love my partner and feel a stronger, deeper connection to him/her today • I enjoy exercising and eating healthy • I am a beautiful powerhouse • I am happy and like sharing my happiness with others • I am conquering my illness and am at peace.

If you doubt the validity of positive affirmations, here are a couple of real-life examples of people who used them and found their lives changed:

## URGENT PRAYER

- **Caroline Lipman** — Mother passed away (in Jamaica)
- **Alonzo Watts** — recovery at Good Sam Hospital
- **Kent Ewell** — continued recovery as he leaves Emmanuel Hospital
- **Reginald and Flora Lewis Family** — general prayer

We've all heard the Bible verses, "As someone thinks within himself, so he is." (*Proverbs 23:7*) or "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." (*Philippians 4:8*) But have you ever wondered how you can **ACTIVELY** change your thoughts (and thereby change your actions)?

Dr. Caroline Leaf says in her book *Switch On Your Brain*, "As we think, we **change** the physical nature of our brain, we **build** thoughts and these become physical substances in our brain. As we consciously direct our thinking, we can wire out toxic patterns of thinking and replace them with healthy thoughts."

Jesus challenged people to change their thinking

- An airline executive who had been heavy all his life was starting to experience major health problems and needed to lose 100 lbs. He tried everything, but was unsuccessful. Then he followed the Pacific Institute Positive Affirmation program and the weight began to drop off, easily. He changed his eating habits, began exercising — and all because of his change in thinking brought about through positive thinking.
- A young boy had bed-wetting problems. His dad helped him write out positive affirmations to say each night before going to bed and within a week he was no longer wetting the bed.

Compilation from Successories, The Pacific Institute, and Huffington Post

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# in the loop

## LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

June 29, 2019

Today we celebrate our Deacons and Deaconesses who are being Ordained, which is done for a few reasons. Firstly, its to publicly recognize the call of God for these individuals to be part of this specific ministry. Secondly, it expresses the willingness of the church to support the individuals as they serve. Acts 13:2 ESV says, "While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

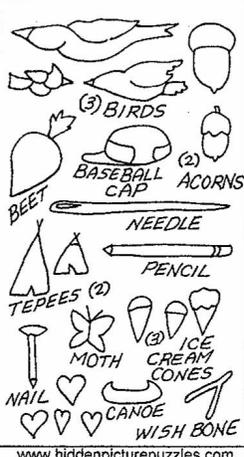
The office of a deacon is especially important in the work of the church. Deacons are to be worthy of respect and the office carries a great level of responsibility. Here are some descriptions of the duties that are commonly asked of these leaders.

- 1. Communion Assistance** - Deacons and Deaconesses often assist with Communion. They provide water, towels, and basins for the feet-washing service. After the service, they are to clean the basins and linen used.
- 2. Maintaining Church Property** - Deacons are responsible for the care, safety and maintenance of church property.
- 3. Visiting the Sick** - Deacons visit those who are ill. They pray with and offer encouragement to everyone they encounter.
- 4. Helping the Underprivileged** - Deacons identify and help individuals in need within our community. They often seek for unique ways to show care.
- 5. Preparing for Baptisms** - Deacons ensure that towels and gowns are provided for baptismal candidates. They help the candidates in and out of the baptismal pool and work to ensure that each service is special and Holy spirit fulfilled.

### KIDS CORNER

#### HIDDEN PICTURE PUZZLES

by Liz  
How many hidden items can you find?



Draw your own flower garden