

# PURE THOUGHTS

MIND, BODY, SOUL

CONTROL  
YOUR  
THOUGHTS

TURN WORRY INTO PRAYERS

HOW POSITIVE THOUGHTS IMPACT THE MIND

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## MIND, BODY, SOUL

By: Charisse Jones  
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I woke up this morning after a decent night's sleep to a mind rambling about "circumstances, problems, what-ifs, and the cumbersome phrase '**how long will this last!**'" Each night I go to bed, I ask God for a peaceful night's rest. Because each new day presents us with varied thoughts that can lead to stress, negativity, anxiety, and confusion, does this sound familiar? Well, if it does, believe me, most Americans are in this same boat. We live in a society that encourages self-gratification, instantaneous results, hustle, a public life through social

media distractions, comparison, ever-changing truth, and the list goes on. However, there is a way that we can free ourselves from these thoughts and ways of life. Actually, there is only ONE way to obtain this freedom, and His name is Jesus Christ. The Word of God gives wisdom, understanding, clarity, discernment, and practical application toward taking control of our thoughts (2 Corinthians 10:5), which leads to a healthy mind, body, and soul.

## **SO, HERE ARE SOME QUESTIONS TO PONDER:**

*What are the negative thoughts that run through your head?*

*What are the triggers to these unwanted thoughts?*

*What reaction does it cause in your mind and body?*

*How does it make you feel?*

*How do those thoughts impact your interaction with people or the progression of your day?*

*Have those negative or unproductive thoughts become a part of your daily routine?*

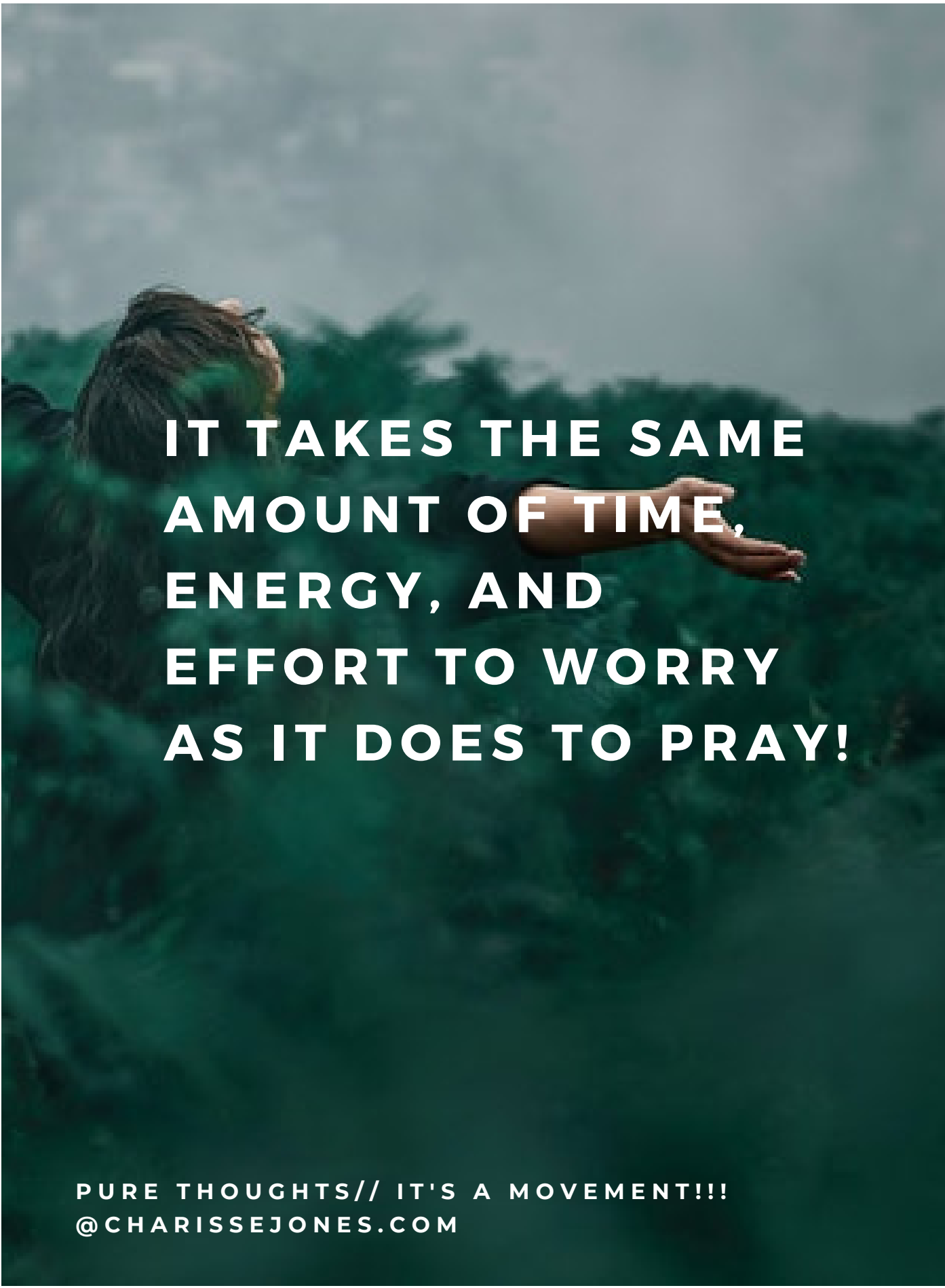


## **THERE'S A BIG DIFFERENCE BETWEEN PRODUCTIVE THINKING AND NEGATIVE THINKING**

When your brain processes information, it begins with thinking, memorization, and sensory (Jensen, 2008). I learned this when I was teaching education courses as an online instructor. Our textbook for the course was titled “Brain-Based Learning: The New Paradigm of Teaching.” There was a section in the book dedicated to explaining the essential functionality of the brain. As we continually entertain negative thoughts, they impact our brain (mind) and body in an unhealthy way. Over time, the rehearsal of negative thoughts transmits from our short-term memory to our long-term memory.

Thus, the beginning manifestations of stress, anxiety, worry, and unhealthy beliefs.

I’m no brain specialist or scientist, but I am no stranger to negative thinking plaguing my mind. Negative thinking caused overanalyzing, stress, worry, anxiety, and what-if scenarios, eventually impacting my body. So, my aim today and in the future is to educate, support, and walk alongside you, professing the Word of God over our thinking. So, we can live a life that promotes a healthy mind, body, and soul.



**IT TAKES THE SAME  
AMOUNT OF TIME,  
ENERGY, AND  
EFFORT TO WORRY  
AS IT DOES TO PRAY!**

**PURE THOUGHTS// IT'S A MOVEMENT!!!  
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## PHILIPPIANS 4:4-9

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 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 it into practice. And the God of peace will be with you.”

Philippians 4:4-9 NIV

<https://www.bible.com/111/php.4.4-9.niv>

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# WHAT DOES GOD'S WORD SAY?



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From the beginning, scripture tells us to "Rejoice," and I know you're probably thinking, "How can I rejoice with what I am going through, and the thoughts that trouble my mind!" Believe me, "I understand!" But God's Word did not say "rejoicing" is based on a problem-less life. God's Word says to "Rejoice in the Lord!" Thus, our rejoicing is based on His existence in our life, never-ending love, protection, provision, guidance, and peace. The "power" He has to change our circumstances, problems, and thinking is unfathomable.

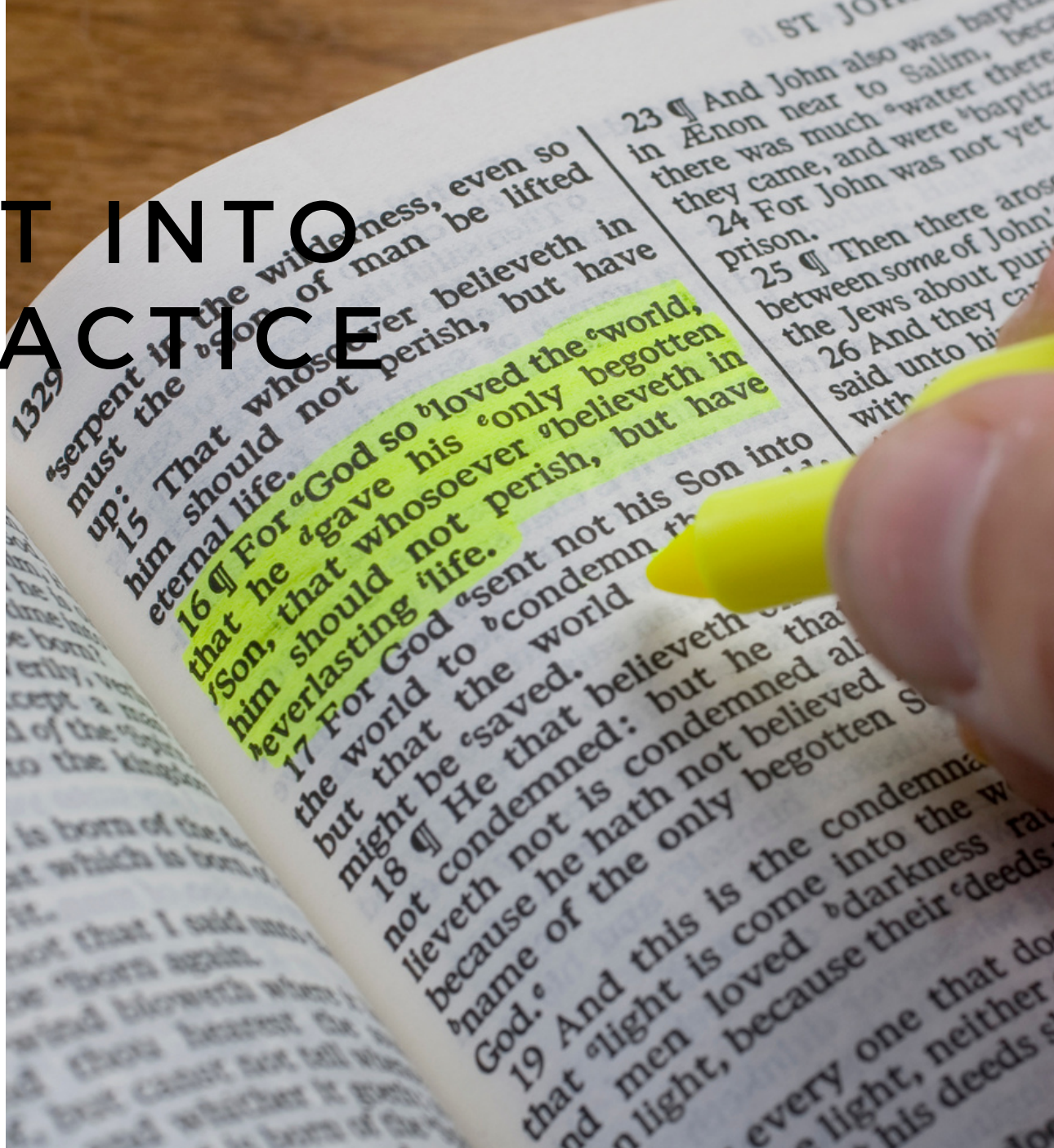
After we rejoice, God then tells us not to be anxious about anything, but in everything, pray and petition Him with our request. Be thankful, and we will receive His peace which transcends all understanding and guards our hearts and minds. God's peace will take away the stress, anxiousness, worry, and fear. God's peace over your life and mind will be beyond your understanding or anyone else's.

People will look at you wondering why you are not frantic, frazzled, discouraged, or stressed about your circumstance. But know that God's peace transcends all understanding, which does not make sense to human logic. God will guard your heart and mind, feelings and thinking, reactions and attitude.

Finally, God's Word instructs us how to think, thus putting His Word into action. God tells us to think of what is positive, true, right, lovely, noble, pure, praiseworthy, or excellent. The world offers enough unpleasant, worrisome events, so DON'T let your thoughts consume you.

**Yes, you have problems, but God is Bigger!**  
**Yes, you have doubts, but God is Bigger!**  
**Yes, you have fears, but God is Bigger!**  
**Yes, you are in need, but God is Bigger!**

# PUT INTO PRACTICE



Is any of this easy to do? Yes, it is easy, but hard to wrap our heads around the simplicity of it. Entertaining positive, pure thoughts will take practice, commitment, diligence, and a plan of action. However, the time is NOW to develop the habit of renewing your mind (Romans 12:2). This way, you will align your thoughts with God's thoughts, supporting a healthy mind, body, and soul—your longevity to life.

## **Know:**

∅ Your thoughts can take you places that God never intended for you to undergo because of the feelings you experience and the power you give the circumstance or person. Which we then diminish our Savior's Authority.

∅ It takes the same amount of time, energy, and effort to worry as it does to PRAY!

∅ Wherever your thoughts take you, focus on the scriptures you found, and feed your mind and heart with God's Word – His Spirit can change your circumstances, atmosphere, thinking, and life.

# CALL TO ACTION

*PURE THOUGHTS- ITS A MOVEMENT!!!*

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FIRST thing each morning, try “Daily Declarations” to affirm positive, godly thinking. You can do this before your feet hit the floor. Try something like this! Read the declaration below! Post it on your bathroom mirror, in your car, on your phone to repeat throughout the day!

Tomorrow, say what comes to mind before you get out of bed. The Holy Spirit will lead you in a declaration that will get you off on the right start.

**I believe it for you!**

## DAILY DECLARATION

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“Lord, thank you for this day! Thank you for health and strength. I know that you are with me wherever I go. The blood of Jesus Christ covers me; therefore, you are my Savior, Guide, Protector, and Provider. This is the day that the Lord has made, and I shall rejoice and be glad in it. In Jesus Christ’s name Amen!”



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# NOTES FROM:

## **BRAIN BASED LEARNING**

Jensen, Eric. Brain-Based Learning: The New Paradigm of Teaching, Thousand Oaks, CA: Corwin Press, 2008, p. 9.

## **THE MIND CONNECTION**

Meyer, Joyce. The Mind Connection: How the Thoughts You Choose Affect Your Mood, Behavior, and Decisions, New York, NY: Faith Works, September 2015, p. 8.

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