**Negative Thinking Hurts**

**Every time I wait for the Lord, things**

**just seem to work out somehow.**

**And all it requires is a little**

**patience, not always wanting it now.**

**I've learned that questioning every-**

**thing is not worth the agony it brings.**

**Sleepless nights and days filled with**

**darkness, damping the desire to sing.**

**I rather ponder my choices and do**

**it in a way that glorifies the Lord.**

**Listening to the enemy's lies, doesn't do**

**me any good, it's something I can't afford.**

**And when I trust, the Lord, with all**

**of my heart, time just seems to fly.**

**His answer always comes when I least**

**expects it. Mostly when I comply.**

**Comply by not getting all worked**

**up and thinking only the worst.**

**Some things are what they are and**

**too much negative thinking only hurts.**

**Whatever circumstances I find myself**

**in, when I feel it getting the best of me,**

**I know right then and there, that the**

**enemy is trying to filter what I see.**

**Written By Frances Berumen 6/29/14 <><**

**Published 11/22/19**