



DO YOU HAVE A GRASSHOPPER MIND OR CAN DO MIND?

Our mindset is crucial. How we look at a situation determines not only our emotional reaction to it, but also what action steps we will take. Remember the Biblical story where the twelve spies set out to look at the Promised Land and reported back to Moses what they found? (See Numbers 13)

All twelve spies spoke of a wonderful country, flowing with milk and honey, filled with every kind of fruit. Yet ten of the spies were also filled with fear. They saw the opportunity, but they got weighed down by the obstacles. They said, "The cities are fortified and very large, and besides there are giants there and next to them we look like grasshoppers. We are not able to go up against the people, for they are stronger than we are."

On the other hand, Joshua and Caleb, two of the twelve, saw the same opportunities and the same obstacles but instead they felt great faith. They said, "Let us go up at once and occupy it, for we are well able to overcome it."

We know how the story ended. Fear and a negative mindset grew among the people and they began to grumble and complain against Moses and Aaron. They wanted to return to the captivity of Egypt and convinced the rest of the Israelites that their perspective was the right one.

Joshua and Caleb tried to help the people "see" that God was with them and for them and would help them overcome any obstacles, yet the people preferred to cling to their fears rather than embrace faith.

How about you? Do you get caught in fear instead of pressing on to faith? Do you only have eyes for the obstacles instead of focusing on the opportunities God has put before you? If you're like me, the answer is yes at least some of the time.



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Here are a few things I have found helpful in moving my mindset from fear to faith:

1. **Change the channel.** When I'm watching a scary movie on television, it does me no good to think I shouldn't be feeling afraid or that it's just a movie. The quickest way to change my scared feelings is to change the channel, stop watching something scary and turn to something more positive or pleasant. What we allow our minds to meditate on does affect our emotions. Paul, no stranger to obstacles or trials, coached us to think about the things that are beautiful, good and right (Philippians 4:8).
2. **Practice Gratitude.** For those of us more negatively oriented, it's always easiest to see what's wrong rather than look for what's right with life. Make a habit of giving thanks, or better yet, look for what we can be grateful for. This practice increases our ability to "see" with spiritual eyes and see what God might be up to, even in the toughest situations (1 Thessalonians 4:18).
3. **Cultivate a CAN DO mindset.** When I get gripped with fear and I'm facing opportunities that feel beyond my abilities, my talents or my resources, I remind myself that "I can do all things through Christ who strengthens me" (Philippians 4:13).

When Jesus said that he has come to give us an abundant life (John 10:10), he didn't mean a safe and comfortable life, but a meaningful one. If you want to conquer the giants in your own Promised Land journey, change the channel by renewing your mind with God's truth (Romans 12:2), practice giving thanks in all things (Colossians 3:15-17), say goodbye to grasshopper mind and commit to developing a CAN DO mindset.