

You Are What You *Think*

The Power of Thinking Big

By Jacob M. Rodriguez

“Think before you speak!”

Remember when your mom used to say that? This usually meant something immature or futile slipped out of your mouth. When you're young, you sometimes just blab things without giving it much thought. Well, as much as you hated to hear it, mom had a point. How we think and speak can have a colossal impact on our lives. Thoughts and words can either be a stumbling block, or a stepping-stone to greatness.

God crafted the mind to be powerful, progressive and visionary. So, how we think plays a big role in what we accomplish. If we think small or negative, we won't reach the destination we've been created for. Take for instance the story of Moses and the Israelites. They were God's people—chosen and beloved. After being freed from Egyptian bondage, they embarked on a journey towards their promised land.

Who doesn't like a good road trip?

Well, fasten your seat belts...because it's about to get bumpy.

Standing at the doorstep of their destiny, Moses deployed a group of 12 spies to scope out the land. When they returned, ten of the spies gave a negative report of the land of Canaan. Like a nasty email virus, their words spread discouragement throughout the camp. Read below:

“And they gave the children of Israel a bad report of the land which they had spied out, saying, “The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature. There we saw the giants; and we were like grasshoppers in our own sight, and so we were in their sight.” Numbers 13:32-33

This is a classic example of how our thoughts and words can *taint* or *paint* our dreams. Negativity will taint your dreams and derail the purpose God has given you. It will obstruct your vision and self-perception. A positive attitude, however,

will paint the canvas of your dreams with color and life. It will boost your faith in God and bridge the impossible.

I find it interesting that God's people called themselves "grasshoppers". Proverbs 23:7 says, "For as he thinks in his heart, so is he..." In other words, how you think of yourself, changes your ability and spiritual DNA. Ever heard the phrase, "you are what you eat"? Well, in this case...you are what you *think*.

Notice the story says, "*we were like grasshoppers in our own sight, and so we were in their sight.*" Their defeat had nothing to do with how the enemy saw them, but how they saw and thought of themselves.

Now allow me to introduce to you, two big-thinkers who challenged the status quo. They are Joshua and Caleb.

These men were ambitious and filled with faith. They told the people, "*The land we traveled through and explored is a wonderful land! And if the LORD is pleased with us, he will bring us safely into that land and give it to us. It is a rich land flowing with milk and honey.*" Numbers 14:7-8

While everyone else was complaining, these two gritty guys stood up and declared victory. I imagine they were jeered at and made fun of. When you're a big-thinker, a big-dreamer, (excuse my terminology) but "haters" will always try to stifle you.

Remain calm. Your *calling* is bigger than your *critics*.

Here are a few "big-thinker" attributes Joshua and Caleb had, which you can apply to your life.

1. Big-Thinkers Size Up the Challenge

The Israelites focused on the size of their enemies, and not the size of their God. When you're in a pinch, it's easy to focus on your challenge...to the point that it corners you. Don't look at the size, but *size it up* like a boxer who sizes up his opponent. Assess the risks, strategize and prepare. Joshua and Caleb weren't in denial. They understood the challenge, but also knew that God was able.

2. Big-Thinkers Break the Mold

If you're going to be a big-thinker or a next generation dreamer, you have to be willing to break the mold of tradition. Basically, you need to get out of your comfort zone. Joshua and Caleb's comfort zone was in the middle of the masses. God said of Caleb, "...*he has a different spirit in him...*" (Numbers 14:24). Be different, not defiant. Think differently and take bold steps. In fact, Caleb's name means "boldness". Only the *bold*, can break the *mold*.

3. Big-Thinkers Let God be God

When Joshua and Caleb appealed to the Israelites, they were basically saying, "Wait a minute...who is God here? The armies in Canaan, or Jehovah?" The people were removing God from His place of power by doubting Him. God can only be as powerful in your life, as you let Him. Remember Ephesians 3:20 that says, "*Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.*"

Again, I say, you are what you *think*. Your dream will be no bigger than you think it can be. No matter how much flour, eggs and water you have, unless you have a big cake in mind, all you'll have are cupcakes. Potential without positive thinking works the same way. Stretch your mind. Sharpen your vision. Put **ink** to what you **think**. Because what God has for you, is greater than anything you've ever experienced.

Jacob M. Rodriguez is a speaker, author, and founder of TrueTouch Ministries. Rodriguez is best known for his unique ability to apply relevant principles from the Bible. His passion is to help people realize their true significance in Christ, by relaying a message of healing and hope. Through his books, conferences, and teachings, he has crossed over diverse barriers communicate God's Word. Visit Jacob's website at www.truetouch.org.