

From Saint Paul:

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God.

You might **not** think you have a morning ritual, but you do. Sometimes after waking and before getting out of bed you may have thoughts like these:

"I didn't get enough sleep."

"I don't have enough time to do what I want to do today."

"I don't have enough money."

"I don't have good enough health."

Before we even sit up in bed, before our feet touch the floor, we're already inadequate, already behind, already losing, already lacking something...what begins as a simple expression of a hurried life or a challenged life, grows into justification for an unfulfilled life.

Do you practice this morning ritual without even knowing it?

When our default mode is set to scarcity, i.e. "I don't have enough ...", we train ourselves to seek out proof that we need more of everything. We focus on what we wish was different, and in doing so, we fail to see what we already have.

This thought pattern breeds thousands and thousands of other thoughts resulting in chronically feeling as if you have nothing but problems. Considering we average about 60,000 thoughts per day, that's quite a barrage of negativity.

There's a little trick you can do to test how powerful this focus is. The trick goes like this:

Spend 15 seconds looking around you and finding anything that's blue, perhaps someone's shirt, the curtains, a picture, or maybe a computer screen... anything.

Then close your eyes and tell me everything you saw that was green.

When you hone in on something, you naturally notice it at the cost of seeing other things. Your brain is trained to do this. Taking in all the stimulus around us would be overwhelming, so our brains focus on what we put before it.

Your brain needs to be able to focus and whether you realize it or not, it gets all its instructions about what to focus on from you.

When your brain's first instructions of the day are to think about how you didn't get enough sleep and how you're not going to have enough time, not enough money, poor health, etc; you're going to be noticing it all day long.

Before your feet touch the floor tomorrow morning, before you do anything else, take a second to engage in a new morning ritual -- point your thoughts in the direction of gratitude.

Saint Paul: " Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you."

This doesn't mean pretending everything is perfect.

I got enough sleep, and I have enough time. From those thoughts, you begin a day where your brain seeks out what else you have enough of:

I have enough patience to deal with this.

I have enough creative ideas to find a solution.

I have enough clothes.

I have enough food.

I am unconditionally loved by God.

These thoughts breed other thoughts and your mind begins to become less toxic.

Saint Paul: "Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect."

When you consistently come from a place of enough, you cultivate a steady sense of gratitude and you naturally give of yourself to others.

This is why people who are genuinely grateful for what they have are happier and more pleasant to be around. They are also more generous because they recognize the blessings they have received and want to share them with others.

Saint Paul: I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty.