

A PESSIMIST

The word “pessimist” is defined as “a person who habitually sees or anticipates the worst or is disposed to be gloomy.” Do you know anyone like that? Are you a pessimist?

No matter what happens, some choose to focus on the worst possible case. They seem to be looking only for the “bad” and focus on that and therefore many times will fail to see the “good.”

Proverbs 23:7 declares *“For as he thinketh in his heart, so is he.”* For the child of God, we know the importance of watching our thinking and controlling it. *“Keep thy heart with all diligence; for out of it are the issues of life”* (Prov. 4:23). *“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus”* (Phil. 4:7). *“Finally, brethren, whatsoever things are true...honest...just...pure...lovely...of good report; if there be any virtue, and if there be any praise, think on these things”* (Phil. 4:7-8).

A “pessimist” sees and focuses on the problems, not the solutions. He “subscribes” to thinking that life is utterly hopeless and helpless. The “pessimist” has set his mind on situations and circumstances in life instead of as the child of God should do, i.e. have his mind set on our Spiritual relationship with the Lord (Phil. 2:5; 4:4-8,13; Col. 3:1-2; 2 Cor. 5:17).

Defeating our “pessimistic attitude” is not something that will happen just by accident, nor will it be easily accomplished. Why? What is the first thing the “pessimist” is thinking? “I can’t do this.”

Then he begins to reason, “even if I do overcome this, it probably won’t last.”

Let’s suggest a few things we need to think about in defeating a “pessimistic attitude:”

REFLECT on the Persons of the Past. Think about Joshua and Caleb in Numbers 13-14 and the reports given by them and the other 10 spies. Joshua and Caleb focused on the precepts and promises of God and not on the people and possible problems in the land of Canaan. Think about David in 1 Samuel 17 as he goes to battle against Goliath. Where was his thinking? It was not on Goliath’s size, but on God’s support.

REMEMBER the Power of Prayer. Peter declares, *“Casting all your care upon him, for he careth for you”* (1 Peter 5:7). We need to pay special attention to Philippians 4:6-7, *“Be careful for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”*

RELY on the Lord’s Precious Promises. The Lord will keep His Word. He is one upon whom we can and must always trust. *“Trust in the Lord with all thine heart, and lean not to thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths”* (Prov. 3:5-6). We can face whatever comes our way and be victorious because of the confidence we have in the Lord (1 Cor. 10:13; 2 Peter 3:9; Rom. 8:28; 1 Cor. 15; Rev. 2:10).

RENDER our mind and life to the Precepts and Principles of God’s Word. The only way we will ever be

what God wants is to have our minds and
manner of life conform to God's Word.
Then we can live a life with assurance

and confidence (2 Tim. 3:16-17; 2 Peter
1:3; Rom. 12:1-2; Phil. 2:5; Col. 3:1-3).

— *Jerry Joseph*
