

## **100 (H) Flood your brain, with your best.**

"Today is the best day of my life", regardless of worldly & personal events, or anything that happens outside of the unspeakable joy, that God has filled my heart & soul with & which no one can touch, nor extinguish, without my allowing it, which will happen for no reason whatsoever, as I have been crucified with Christ & it is no longer I who live, but Christ who lives in me & the life which I now live in the flesh I live by faith in the Son of God, who loved me & gave Himself up for me, Galatians 2:20 & which gives me joy, unspeakable.

Blessed be the God & Father of our Lord Jesus, who according to His great mercy has caused us to be born again to a living hope, through the resurrection of Christ, to obtain an inheritance which is imperishable, undefiled & will not fade. In this you greatly rejoice, even though now for a little while, you may be distressed by various trials, so that the proof of your faith, being more precious than gold, may be found to result in praise, glory & honor, at the revelation of Jesus & though you have not seen Him, you love Him & believe in Him, you greatly rejoice with joy inexpressible & full of glory, obtaining as the outcome of your faith, the salvation of your souls, 1Peter 1:3-9.

Today is the day that God will have a say in all my decisions & will bring about life change, through my God given ability to think & act positively & to let Him help me to make better decisions today, than I made yesterday, as my new life is now.

Today I will work with God, to achieve recovery from negative thoughts & behaviors & to accomplish changes in my thinking, starting with my next decision & moving on; one decision at a time, until my life becomes a sea of good decisions.

Today I am willing to learn to live beyond my feelings, emotions & ego, as I come to a point of controlled emotions & feelings, allowing no ego satisfactions. I will get beyond feelings & thinking that I know what's best for me & start working on what God says is best for me & I will not be afraid to admit that I have made bad decisions & that is okay, as that is in the past.

Today I will welcome positive change in my thinking, as I become willing to listen, to think, to learn & to change; as these are the keys to my vehicle of change & I will use them wisely, as I learn new things about myself & life & then this truly will be the best day of my life, until tomorrow, as it can be yours as well.