



Activate
BREAKTHROUGH

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QUOTES

1. **"You cannot have a positive life and a negative mind."**
 - Joyce Meyer emphasizes the importance of cultivating a positive mindset as a foundation for a fulfilling life.
2. **"Our past may explain why we're suffering, but we must not use it as an excuse to stay in bondage."**
 - This quote encourages readers to take responsibility for their thoughts and move forward, regardless of past experiences.
3. **"Where the mind goes, the man follows."**
 - Meyer suggests that our thoughts direct the course of our lives, making it crucial to control and guide our thinking.
4. **"The mind is the battlefield. It is a vital necessity that we line up our thoughts with God's thoughts."**
 - This emphasizes that the struggle for a peaceful life is often fought within the mind, and aligning our thoughts with biblical principles is key to victory.
5. **"You can't defeat a giant if you think like a grasshopper."**
 - Meyer challenges readers to adopt a mindset of strength and confidence, rather than one of weakness and defeat.
6. **"When doubt comes against us, we should learn to say, 'I will not receive that doubt. I choose to believe God.'"**
 - This quote encourages rejecting thoughts of doubt and actively choosing to trust in God.
7. **"Don't reason in the mind; just obey in the spirit."**
 - Meyer advises focusing on faith and spiritual discernment rather than overthinking or relying solely on human reasoning.
8. **"We must think about what we are thinking about."**
 - This quote underscores the importance of being mindful and aware of our thoughts, as they have a significant impact on our emotions and behaviors.
9. **"Our thoughts affect our emotions, our attitudes, and our actions. They determine our overall quality of life."**
 - Meyer emphasizes the powerful influence of thoughts on all aspects of life, from our mood to our behavior.
10. **"Patience is not the ability to wait, but the ability to keep a good attitude while waiting."**
 - This quote challenges the idea that patience is passive, instead framing it as an active choice to maintain a positive outlook.

11. **"Stop determining your worth and value by what other people say. Be determined by what the Word of God says."**
 - Meyer encourages finding self-worth in God's promises rather than in the opinions of others.
12. **"Don't give up! When you are tempted to give up, your breakthrough is probably just around the corner."**
 - This quote inspires perseverance, especially during challenging times when giving up might seem like an option.
13. **"You will not have peace if you worry all the time."**
 - Meyer points out that peace is incompatible with constant worry, urging readers to trust in God instead.
14. **"You may have given up on yourself, but God never will."**
 - This quote reassures readers of God's unconditional love and commitment, even in times of self-doubt.
15. **"The devil cannot defeat you if you control your thoughts."**
 - Meyer emphasizes that victory in spiritual battles is achieved by managing one's thoughts effectively.
16. **"You can choose what you think about. You don't have to just think about whatever falls into your mind."**
 - This quote empowers readers to take an active role in shaping their thought life rather than being passive recipients of negative thoughts.
17. **"Renewing your mind will take place little by little, so don't be discouraged if progress seems slow."**
 - Meyer reminds readers that transforming their mindset is a gradual process and encourages patience and persistence.
18. **"The mind is a battlefield, and the enemy works diligently to set up strongholds in our mind."**
 - This quote explains that overcoming negative thoughts requires consistent effort, as the mind is a primary target for spiritual attack.
19. **"God wants you to have a new way of thinking—a new mind and a new attitude."**
 - Meyer emphasizes the biblical call to renew the mind and adopt a godly perspective.
20. **"Trust in the Lord with all your heart, and lean not on your own understanding."**
 - This quote reflects the importance of relying on faith and God's wisdom, rather than solely depending on human reasoning.