

# Flip the Switch

Graham Cooke's blog article "Change Your Thinking, Change Your Life" is about being in control of yourself.<sup>1</sup> He says:

*"In a Kingdom lifestyle, we don't deal with our negatives. We get to ignore them because Jesus has already dealt with them."*

We mustn't allow negatives to come into our lives because we can 'flip the switch' like a light toggle switch and allow the positives of the Kingdom to manifest instead. Jesus dealt with the evil which works on our mind and soul allowing us not to be under its control.

In his blog article Graham states:

*"The key to kingdom living is learning to flip the switch in our own thinking so that our lives match what God has already promised us."*

However:

*"For many of us, we are still in process of making this switch. We are learning and unlearning, replacing what we formerly thought to be true with the reality of His Kingdom."*

His advice is:

*"when you're hit with a negative thought or feeling, take a pause and ask Holy Spirit what the opposite of that particular negative is. Once the epitome of it arrives in your thoughts, dwell on it for at least a minute. Simply by "dwelling on something that is pure and holy" and POSITIVE, you're effectively flipping the switch."*

**Check out his video on the topic.<sup>2</sup>**

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13-4-2017

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1 – Graham Cooke (13-1-2017) "Change Your Thinking, Change Your Life" [blog]  
([brilliantperspectives.com/change-thinking-change-life](http://brilliantperspectives.com/change-thinking-change-life))

2 – Graham Cooke (6-1-2017) "Flip the Switch - Video One"  
([www.youtube.com/watch?v=I3aOmaHIKW0](http://www.youtube.com/watch?v=I3aOmaHIKW0))