

Choose to Believe the Best!

By Mary L. Kupferle



In this very moment, you can choose to believe the best about yourself. You can choose to believe in the presence of God and in the power of God which are within you now and forever. You can choose to believe in yourself as a beloved child of God. You can choose to believe that all things in this universe are working with you and supporting you unceasingly.

You can choose to believe the best will come out of every seemingly impossible situation. Through choosing to believe the best, you are saying “yes!” to healing, wholeness, and enjoyment of life and being. Through your own personal, conscious choice, you are learning to use the gifts of God to bring the best of everything into your life.

In the midst of any formidable appearance or test of your courage or faith in the goodness of God, you can choose to believe that everything happening is, in some way, an open door for the best to come into your life. This is the necessary attitude for the emergence of any miracle. It is through the process of aligning your thoughts, words, and actions with the power of God that you become a channel of divine blessings.

Believing in the best may seem easy while you are feeling peaceful, loved and successful. But believing in the best may seem impossible when you are feeling frustrated or lonely, when you are hurting emotionally or physically, when you are experiencing anxiety about the changes or opportunities that life presents. However, you can believe the best. And by consistently choosing a positive response to everything, you begin to form the rewarding habit of cooperating with God as Jesus Christ Himself did.

If old patterns of unhappy thoughts, feelings, or images seek your attention know that each one can be met with the strong recognition: *No matter! I make a choice now as to how I think and feel and image. I make a conscious choice by saying “yes” to the good I seek.* You then are a receptive vessel to God, for you help bring about the wholeness and happiness that are rightfully yours.

Not long ago a friend who was going through a number of emotional and physical difficulties shared: “This has been a long struggle of trying to find the relief needed from discouragement, discomfort, and depression. There were days I hardly recognised myself, often not knowing the slightest bit of encouragement. There were times when I would hear myself expressing negativity about everything, lacking faith in myself, in others, in life, and in God. Nothing within me seemed responsive to the prayers I prayed.



“Then on the day we spoke, you commented, ‘Sometimes the only thing you can do is to keep on choosing to believe the best, anyway.’ These words suddenly struck home with me. I felt startled by their impact, and I seemed to awaken from a long, nightmare like sleep! This was a turning point, for I realised I had not been—either consciously or consistently—choosing the good. My choices, instead of being of the best, were continually of the worst—the worst that had happened, was happening, and could happen. From that moment on I felt new life in my prayers, new expectancy in my attitude, and new evidence of good results. Thank God for the ability to choose to believe in the best! It’s a constant, miracle-working prayer in my life!”

The wonderful gift of God that is yours—the power to choose to believe in the best—is often the first step to take in beginning again, in illuminating your way through any dark time, and in helping yourself recognise more clearly the reality of your oneness with God.

Let your choice be to believe in the best now. In the face of every doubtful thought or feeling, affirm: *I choose to believe the best about everything!* Having made your choice, stand fast in praise & thanksgiving. You will know true security in choosing the best, for the best shall return to you, multiplied, increased to overflowing.

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**I choose to believe that God’s
will for me is health and
well-being. I am strong, wise,
successful and happy**

