

Six Things You Must Quit.

1. Stop spending time on things that add no value to your life.

Not everything placed in front of you deserves your attention. Be selective. Take control. For example, many scroll their phone constantly looking for something meaningful. That doesn't please God and won't make your life better. Call your family. Visit friends. Pray for good things in life. Spread some cheer.

2. Let go of negative influences.

Avoid toxic, discouraging people who say and do hurtful things that bring you down. The Bible says evil company corrupts good habits, so cut them loose! Join a church where positive and loving people meet, and start feeling good!

3. Stop criticizing and judging yourself and others.

Talking bad about yourself and others brings darkness into your life. Catch yourself when you do, and stop it. Build yourself and others up instead. Walk in the love, grace, and compassion of God. Your life is getting better; celebrate it and be thankful.

4. Stop magnifying what's wrong.

Whether it's your family, your job, the government, or something or someone other than God taking over your thoughts and emotions, let it go. The Holy Spirit lives in you; let Him guide you. Magnify God instead of what's wrong. Shift your focus to him and enjoy his love, joy, prosperity, and peace.

5. Stop overloading yourself.

Learn to say NO. Balance is essential. Time with God is a privilege, so make time for him. Slow down. Ask God for discernment to cancel stressful and unnecessary activities, and use the time to fill up with his perfect peace instead.

6. Stop overthinking.

Thoughts and emotions can continue for hours, becoming mental rants that rob us of valuable time spent with God and enjoying life. As soon as you catch one, cancel it. God's grace is amazing. Let the Holy Spirit be your guiding force. Put a lid on overthinking and move on.