

Turning Your Desires into Expectations

There are two basic kinds of prayer, ineffective and effective. Ineffective prayer is characterized by disbelief, fear, negativity, guilt, and shame. Effective prayer is characterized by belief, confidence, positivity, self-love and self-worth.

Ineffective prayer desires the best, but views the desired outcome as something that will hopefully occur in the future. Effective prayer does not merely desire for something to happen in the future, but instead, views that outcome as already in the process of occurring in the present. It does not merely hope for the best, it expects the best.

We know this view of prayer is true, not just because it is Scriptural, but also because it is supported by science, and has proven to be true in actual human experience. The mechanism by which prayer works has been discovered by quantum physicists and researchers into the ways our thoughts affect our bodies and the material world in which we live. Positive thinking produces positive results.

Sadly, there is a huge difference between “knowing” and “knowing how.” How exactly does one go about converting one’s desires into expectations?

The amazing thing about the subconscious mind, or internal belief system, is that it cannot distinguish between what is real and what is not real. Whatever it focuses on, it believes to be real. When you dream at night, your subconscious mind believes that the dream is real. When you wake up from the dream, your subconscious mind believes that your current waking experience is real. As for the future, what the subconscious mind believes is going to happen, tends to happen. If you trick your subconscious mind into believing that something is actually happening, then that is often exactly what actually begins to happen. The human mind is fully capable of actually producing what it expects to happen with respect to our bodily functions and even to external life events. Our human consciousness is a part of the Universal Consciousness which we call God, and God is very powerful indeed. With God all things are possible.

So how do you go about “tricking” your mind into expecting the best, rather than just hoping for the best? The answer is given to us in the Scriptures.

Philippians 4:8: *“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”*

In Thessalonians 5:17, the Apostle Paul asks us to *“pray without ceasing.”*

According to Psalms 1:1-3, if you *“meditate on God’s word day and night”* everything you do will prosper.

When you pray and meditate, talk to God (and your subconscious mind) in faith, believing. Here’s what that means. Do not express negative words or thoughts. Only speak and think as

though your desires are already a present reality and are beginning to occur. This principle also holds true with respect to your waking thoughts and words outside of your prayer closet. When negative thoughts occur, do not dwell on them. Instantly replace them with positive thoughts. Instead of asking God for things, thank Him instead, because they are already beginning to happen. And above all, never give up. When the timing is right, your positive thoughts and prayers will openly manifest themselves as actual occurrences. View them as already beginning to happen in the midst of your present circumstances.

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