

Letters

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The power of positive thinking

Positive thinking does not imply pretending that problems do not exist. It means choosing to face life with hope, resilience, courage, and a willingness to learn and overcome challenges. A positive thinker believes that every challenge carries a lesson, every setback can become a stepping stone, and every difficult season can produce growth. Positive thinking encourages us to ask important questions such as "What can I learn from this situation? How can I survive this challenge without emotionally or spiritually destroying myself? What steps can I take to improve this situation? Who can guide or support me during this season?"

Negative thinking drains energy and weakens motivation. A person trapped in negativity often magnifies problems and minimises opportunities. They stop believing in themselves and become prisoners of fear and doubt.

Children who grow up in environments filled with constant criticism, fear, shouting, hopelessness, or emotional neglect may develop negative thought patterns. They may begin to perceive themselves as incapable, unwanted, or inadequate. Therefore, parents and guardians must intentionally create environments that nurture hope, encouragement, confidence, and healthy communication.

Children learn more from what they see than from what they are told. Parents are the first teachers and role models in their children's lives. The way parents respond to challenges, disappointments, conflicts, and stressful moments greatly shapes how children learn to face life in the future.

A child who sees their parents' handling difficulties with calmness, wisdom, prayer, patience, and hope grows up feeling emotionally secure.

Let children hear words of encouragement from their parents. Let them see their parents solving problems peacefully and confidently and remaining hopeful, even during difficult seasons. When parents model resilience and faith, their children learn to approach life with courage, confidence, and emotional stability.

One of the greatest gifts we can give our children is to teach them how to think positively and respond wisely to challenges. Life is not easy, and children must grow up knowing that setbacks are a part of life. However, they should also learn that problems are not permanent and that every situation requires reflection, critical thinking, patience, and responsible action.

Positive thinking also teaches children to be emotionally mature. They learn to communicate meaningfully, manage anger, empathise with others, maintain healthy relationships, and remain hopeful, even during difficult moments.

Every moment spent with children is an opportunity to shape their thinking and outlook on life. Parents should create time to openly discuss life with their children. Listen to their fears, dreams, frustrations, questions, and ambitions. Encourage them to believe in themselves and understand that mistakes and failures do not define their future.

Children require faith, encouragement, and inspiration. They need adults to remind them that their future is still meaningful despite the challenges around them. When children are constantly reminded that they are valuable, capable, and loved, they develop confidence and emotional resilience.

Resilient people are not those who do not have problems. They refuse to allow problems to define them, destroy their hope, and purpose. Positive thinking strengthens the mind to endure difficult moments without giving up. It allows individuals to rise after disappointment, learn after failure, and continue to believe that better days are ahead.

Human strength alone is often insufficient to overcome painful moments in life. Some situations leave people emotionally drained, confused, and discouraged. In such moments, trusting the Lord gives us strength, peace, and hope. The Word of God is filled with encouragement for every circumstance we face. The scripture reminds us that we are never alone, even in seasons of pain, disappointment, or uncertainty (Hebrews 13:5-6). God encourages us to remain strong, faithful, and prayerful.

The power of positive thinking lies in its ability to change how we see ourselves, how we respond to life, and how we influence those around us. A positive mindset does not remove challenges, but it gives us the strength to face them wisely and courageously. It helps families remain united during difficult times and equips children with the confidence to navigate their lives with hope and resilience.

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