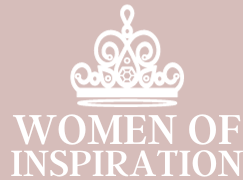


Taking Hold of our Thought Life



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I wanted to share some nuggets with you from a recent teaching I listened to. There were so many key points that were really simple, but often we neglect to pay attention to what we should be doing in terms of our thought life. In counselling individuals, dealing with the thought life is always a very key area. Many are defeated by what they think about and constantly dwell on. We already know that what goes on in the mind affects the body. So let's take hold of the thoughts that take us captive, as the Word says in 2 Corinthians 10v5.

Nugget 1 - If we don't take authority over our thoughts, some other power will - the enemy, powers of this world or our flesh. Thoughts determine the person - what you think is what you are. Thoughts awaken feelings, and they flame passion and produce an action. Thoughts can subdue the will and command attention. Don't worry about what is happening around you; don't take that thought and say it because it becomes a reality. We, as believers, are not supposed to be moved by what we see but by what we believe. We must not entertain thoughts that are out of harmony with Christ. Thought control comes before self-control. If you take something, it becomes yours. Don't take the thought. We Must learn how to lead our thoughts if they are to possess value - lead them away from negativity and find the good (2 Corinthians 10v4)

Nugget 2 - Thoughts are strongholds. They hold us back strongly from our destiny. What exalts itself above God (2 Corinthians 10v5)? Sickness, disease, poverty, lack, depression, anxiety etc. Say what you want to see, not what you have. The reason you don't have it is because you keep saying it. Why do we need to captivate it? You have to lead it out. If we allow our minds to dwell foolishly on certain thoughts, we will manifest that. "Useless" people are full of distress - we cannot be of use to the Kingdom if we are more focused on our distresses than on our destiny.

Nugget 3 - The secret of possession is an inner one not an outer one. If we seek after God, His word will not fail us. We must live on earth as it is in heaven - not broke, not sick, not depressed, not anxious. When we trust God, we remain stable and we don't change in our responses - we keep trusting Him and, we keep loving Him and therefore, we trust others and love others. When will we believe that it is God who strengthens us and we can have what we believe? Mark 9v23 says "Jesus said to him "If you can believe, all things are possible to him who believes". You may live in a box but want a house. But maybe your thought life led you to the box because you thought you couldn't do better. It is wisdom as well as duty to be single-minded, not double-minded - be consistent - do not change.

Nugget 4 - Be constantly watchful, it helps you to stay consistent. It's easy to become depressed because the devil has put something in your mind. Be consistent in your beliefs. Thoughts not spoken will die in your mind. How come we get sick? Because you live in a corruptible vessel. Use 1 Peter 2v24 to shut down the devil: "*who Himself bore our sins in His own body on the tree, that we having died to sins, might live for righteousness by whose stripes we are healed*". Your spirit is incorruptible, but your body isn't. Use the scriptures to keep you

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healed and blessed. You don't have to always believe the worst. You eliminate evil influences by not allowing them to enter your mind - cast it down and say, "*I am going think on all that is lovely and virtuous*" - don't allow it to come into your mind. Philippians 4v8 "*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things*". That is how you get angry with people - even if they don't deserve it - it is not your place to judge them. You win things by not bowing down to them - don't bow down to junk - that is how you have victory over things.

Nugget 5 - Sound words neutralise false thoughts - they protest against error. 2 Timothy 1v13 "*Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus*". Speak sound words when you do speak. Sound words must be coveted - you must want them because this depends on the "healthfulness" of life. Speak sound words - "*I never want financial trouble*". You will still have stuff to deal with, but you speak sound words to those things. Sound words exhibit the truth in a constant light to the world, showing spiritual stability. When you don't take the thought and speak only sound words, people will say you are spiritually stable. That is what makes a good leader - they don't deny, but they don't give in to the thought. Sound words deliver you from restlessness and stop you from saying thoughts you don't want. It's called simplification of life - make your life simple - only say what He says, only do what He says. Challenges will come, but you will make it through that. Matthew 6v31-34 "*Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek the kingdom of God and His righteousness first, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble*". Test positive for faith - look what Satan has done to the world with fear. Children are born believers until you put doubt in their minds and confuse them for life. We need to be as children and receive the Kingdom. Say you will be healthy, you will be wealthy and say you will succeed. Stay the course and finish your race.

Keeping sound words and not taking the thought is God's cure for Satan's infection!

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