



GAINING VICTORY OVER OUR THOUGHTS

By Bill Subritzky

Controlling our thought life

What we are thinking about has a tremendous effect on our lives. We can wake up in the middle of the night worrying about some issue and losing sleep. This affects us in so many ways.

Fear can take hold of us, causing us to make wrong decisions. Anger can manifest in our lives because of unresolved issues with other people.

Doubt and unbelief can cause us to lose our faith. Rejection can cause us to lose our confidence which affects our everyday life.

These and other thoughts can attack us leading to despair.

The good news is that there is an answer!

The Bible says, "For though we walk in the flesh, we do not war according to the flesh." (2 Corinthians 10:3).

What does this mean? We live in a fleshly body but when we are born again we have the Holy Spirit living in us. He is here to help us. In addition we have the Word of God.

The Scripture then says, "For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds." (2 Corinthians 10:4).

The strongholds in our mind can be fear, doubt, unbelief, anger and despair. We have been given spiritual weapons to deal with these.

These same weapons can, "cast down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ." (2 Corinthians 10:5).

If we have anger or unforgiveness against a person we might feel justified in our attitude towards the person who has hurt or damaged us and we want revenge. Instead we need to bring this to Christ in prayer.

Jesus said, in such a case, that we should turn the other cheek. "But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also." (Matthew 5:39).

Jesus also said, "love your enemies, bless those who curse you, do good to those who hate you, pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes the sun rise on the evil and on the good, and sends rain on the just and on the unjust." (Matthew 5:44-45).

As we forgive others, we cast down arguments and every high thing that exalts itself against the knowledge of God. We are bringing our thought life into captivity to Christ. Instead of our thought life going wild and seeking revenge we are putting it under the control of Christ by forgiving the other person. As we do so we receive God's peace in our heart. If all this is happening in the middle of the night then we can go back to sleep as we rely on God to deal with the situation.

"'Vengeance is Mine, I will repay,' says the Lord." (Romans 12:19).

When we are troubled with fear we should speak out this Scripture, "[the] perfect love [of God] casts out [all] fear," (1 John 4:18).

When our faith is under attack, we should remember this Scripture, "But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." (Hebrews 11:6).

Also remember this Scripture, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and cast into the sea,’ and does not doubt in his heart, but believes that those things he says will come to pass, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.” (Mark 11:22-24.)

God will never leave us nor forsake us.

"For He Himself has said, ‘I will never leave you nor forsake you.’

So we may boldly say:

‘The Lord is my helper;

I will not fear.

What man can do to me?” (Hebrews 13:5-6).

God is our eternal refuge.

“The eternal God is your refuge,

And underneath are the everlasting arms;

He will thrust out the enemy from before you,

And will say, ‘Destroy!’” (Deuteronomy 33:27).

As we continue to focus on God, we will find the following Scripture applies to us, word by word.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6-7).

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