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Learning To Control Our Thoughts
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What does the scriptures say about our thoughts and what we are thinking? We have just finished a teaching regarding the tongue and the importance of our words that we speak. When we begin to get control of our tongue then we can begin to frame our future by the words that we speak in faith. Many times the things we speak from our mouth comes from thoughts that haven't been brought into subjection to the word of God. Thoughts are like having gum on the sole of our shoes, they have to be removed and dealt with. Thoughts that we do not want to think can really be annoying, they just keep hanging around and become distractions. The scriptures have definite things we should be doing in order to bring thoughts under control.

The following words were given regarding the thoughts that we have.

"The spirit of God wants to control your mind and God wants to help you, the mind is the most restless and unruly part of mankind, long after you have learned the discipline of holding your tongue, your thoughts defy your will and set themselves up against Gods ways, man is the pinnacle of God's creation and the human mind is wonderfully created and complex, He risks all to grant us all the freedom to think for ourselves, this God like privilege of setting us apart from animals and robots, you were made in His image, though the blood has fully redeemed you, your mind is the last stronghold of rebellion, open yourself to My radiant presence, letting My light permeate you and your thinking and when My Spirit is controlling your mind you will be filled with life and peace."

How do we let God control our mind or how do we renew our mind or get control of our thoughts? Thoughts that are annoying do not go away by themselves, we have to stop and take control of them.

Jesus is teaching in Matthew chapters 5,6, and 7 what is known as the Sermon on the Mt., He is dealing with what are considered to be basic truths, but unless we are willing to become doers of the word, hearing is insufficient. We must hear and do. Taking control of our thought life is a very challenging principle. Thoughts are going to come but until we begin to speak about them and take the "bait" the enemy has put before us, they won't become ours. We have learned in previous teaching about the importance of the words spoken and what the outcome of them will be. Don't take the devils "bait" by saying or worrying about the thoughts that may come. Don't talk or think about the negative things from your past or that of your families.

Matt 6:31-34 "Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? 32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. 34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." KJV

v. 33 seek the Kingdom first, don't take the devils bait, God will take care of you

v. 34 take no thought for tomorrow

Matt 6:34 "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."

MESSAGE

There can be deception in the heart of man. We have been given the authority to be the door keeper to our mind. We have the power to open or shut the door, we determine who to let in.

Pro 23:7 "For as he *thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee." KJV

* thinketh means a door keeper, keeping something open

Our bodies have 5 sense gates that are very powerful, they can either work for our good or work against us spiritually. We have been given other weapons or abilities in which to do our warfare with. We live in the real world and when we get born again we have strongholds which we have to deal with in our mind. The enemy wants to get control of our will or emotions and he will cause problems for us if we don't know how to deal with him.

Can we deal with negative thoughts or how do we deal with them? Do we have authority to deal with those negatives thoughts? We are probably all guilty of taking those negative thoughts, but we don't have to build on them. Keep our minds on Jesus and our thoughts will be in peace. Start surrounding ourselves with the armor of God, imagination is the power to frame pictures in our minds, imaginations are things that have not happened yet, but we sometimes build on them, until they appear to be real.

2 Cor 10:3-5 "For though we walk in the flesh, we do not war after the flesh: 4 (For the weapons of our *warfare are not *carnal, but mighty through God to the pulling down of *strong holds;) 5 Casting down *imaginations, and every *high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;" KJV

*warfare deals with military expedition connected with hardships, trials and danger involved with it

* carnal means in the flesh

* stronghold is something that wants to argue against the gospel, not believing what the word of God says

* imaginations means thoughts that led to actions, follow through and act the thought out, it will effect and determine our conduct and speech, will be hostile from walking after the spirit of God

*high thing means built up by the enemy, will involve pride, something very lofty

v. 5 casting down and bringing into captivity every thought - refers to a king that has done warfare against another and has defeated him, then brings him in chains to be shown to the people to be in subjection

The weapons of our warfare go beyond our natural ability, when it goes beyond our ability, then it becomes supernatural because of God being involved, enabling us to overcome any opposition that has been brought to us. It is God's plan for us to deal with the strongholds and wrong thoughts, put them into captivity and put them on parade, they are defeated and we are living on, acting on Gods thoughts and His word.

The following scriptures are foundation scriptures and must be acted upon. Paul is talking to the people and teaching them. He is not asking them to do something unreasonable but something that they can do.

Rom 12:1-2 "I *beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2 And be not *conformed to this world: but be ye *transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." KJV

v. 1 bring emotions into subjection to the will of God

v. 2 Gods plan is that we are not involved with the world, the economy or whatever the challenge might be, be changed with the renewing of our minds, making a quality choice to renew our mind,

* beseech means a stronger word than call or ask, almost a demand

* conformed means the world has a plan or form for us to be molded into

Rom 12:2 "Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly

respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you." MESSAGE

Rom 12:2 "And be not *conformed to this world: but be ye *transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." KJV

* transformed means gradual change, ie: butterfly changes from inside out

If we have not renewed our minds we will have doubts as to what Gods plans are for us. We will be limited as to what quality decisions we need to make. Is it possible that we can renew our minds? Scripture tells us that we can make our minds alive again. The world or religion always wants to determine our future, putting limits on us, keeping us from becoming our best. They thought that they had Jesus right where they wanted Him, but they didn't realize the mistake that they had made. We have resurrection power in us also, God has a plan to take us out of the mold the world has tried to put us in, He wants us to be changed, change comes by the renewing of the mind.

It is important to the believer in a local church, to be a part of the corporate body of that church because the spirit of God moves in different seasons and different truths. We need to know what the spirit of God is doing in order to have the growth we need and in order to equip us.

Pro 16:3 "Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established *and* succeed." AMP

Rolling our works and thoughts on the Lord, then we will have His perfect peace, the problems may still be there but we will have more than enough peace. Keeping our thoughts and imaginations on Jesus, everything will turn out alright, it shows that we are trusting in Him. Imaginations on Gods side will enable us to see what is being restored and overcoming in the perfect will of God.

Isa 26:2-3 "Open ye the gates, that the righteous nation which keepeth the truth may enter in. 3 Thou wilt keep him in *perfect peace, whose mind is stayed on thee: because he trusteth in thee." KJV

* peace, peace more than enough

Phil 4:6-8 "Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. 7 And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus. 8 For the rest, brethren, whatever is true, whatever is worthy of reverence *and* is honorable *and* seemly, whatever is just, whatever is pure, whatever is lovely *and* lovable, whatever is kind *and* winsome *and* gracious, if there is any virtue *and* excellence, if there is anything worthy of praise, think on *and* weigh *and* take account of these things [fix your minds on them]." AMP

Phil 4:6-8 "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. 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." KJV

We sometimes we feel like we have the right to be upset, being worried about circumstances but that is not what the word is admonishing us to do. Don't take the "bait" of the enemy and build on it, we will always be the victim if we do this. Take Gods thoughts in order that His plan will be established and be in agreement with Him. Submit our will to His will and we will succeed in life.