

Mental Hang Ups

Rachael Martin 6,8,2017

My daughters were watching an animated movie about Moses and during the movie my oldest asked me why the Israelites were enslaved in the first place?

We had a small discussion about the Israelites being God's chosen people. How everywhere they went they were blessed and multiplied and were favored. Every leader and king throughout history saw them as a threat fearing they could at any moment take over and conquer their territory.

As I was talking to her about the Israelites importance to God, I started to reflect on the movie that they were watching where thousands of Israelites had been enslaved to the Egyptians for many years. They became hopeless and desperate because the promise of their freedom seemed to never come that when Moses entered the scene and lead them out of slavery, it still took them a while to get over the enslaved mentality. They sometimes even cried out that it would be better to be enslaved again than to not know where they were going or not have what they want to eat!

I wanted to remind us to not be enslaved mentally to the problems and struggles we face. It's one thing to face the reality, it's another to become so engrossed in the burden and negativity that we start to spiritually put ourselves in chains becoming unresponsive and callous to the little bits of hope that try to ooze into our day.

The Lord wants to bless you and me and He longs to lead us in paths of righteousness. However, we have to contend with our mind! We have to choose moment to moment the thoughts and words we make. We have to choose to moved past what we've been subjected to or what is pulling our attention – we have the power of Holy Spirit! Lord help us use it and speak to the mountains in our life. Help us to conquer today and hang up our mental hang ups in Jesus name, Amen! We are no longer slaves to ANYWAY, ANY SHAPE, ANY FORM, ANY MAN – but we are children of God and sons and daughters to the Almighty Creator!

We really should live, and think like it..... ok.... Carry on!

Romans 8:5-6 - For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

