

Think About Your Thoughts

By Juanita Coy



Over time, I feel that the Lord in trying to teach me, to train me, to be what he wants me to be, to draw me closer to him. You see I am a very independent, strong-willing person. Yes, I admit it. But, gradually, little by little, I see my own wants and wills being broken down and dismissed so that His will can be accomplished in my life. His will is more important than mine. Actually, mine is worthless.

In all honesty, however, I don't believe He disregards some of my character traits, because he created me, just as I am, good and bad. But he wants to mold me to be more like him, not only for his sake, but for my own. For, HE alone knows what is best for me. He sees my past and future and connects the present appropriately to make me the very best it can be. Humility is an ongoing procedure. And sometimes a painful one. But as I look at my past I can see God

taking me though the training grounds. Actually I have had to return to Kindergarten at times to relearn what he wants for me.

Sometimes a child has learned to write improperly and he has to be trained to do his cursive writing correctly. And, sometimes, I have stepped into the quicksand to save time when only it caused pain.

Through this process, I am learning to re-train my thinking, my thought patterns, and then in turn my own desires to humble myself before him. As long as we live in this life we must fight against the flesh and the desires of the flesh. (1 John 2:16) Even though we are Christians, at times our flesh wants to be in control.

Have you ever noticed how your mind can really play tricks on you?

Good endings begin with positive beginnings. Lately I have been "picking my brain," checking out just what I am concentrating on. If we could take a transcript of what our daily thoughts are, would the Lord be pleased? I am learning to make this a full-time job, and it has, at times, been a tough one. Just as we teach our own children the necessity of following the rules and taking responsibility.

We must do the same in our Christian life. God has given us a free choice in the matter of our hearts. And all through this process his love and his Word is available to us to enable us to

clear our hearts, to clean our minds and to use our souls to ignite his power system inside.



We are to think on these things” (Phil. 4:8) “Whatsoever things are true, honest, just, pure, lovely, of good report.” This should put our thoughts into the proper perspective.

Other verses speak of imaginations getting us into trouble. (Prov. 6:18, Romans 1:21) Did I step on your toes? Mine too! Sometimes my mind rambles on going down the hill of confusion and distress landing me in the ditch!

How many times have you let your mind wander and imagine the worse about a situation, or devised a story about someone that seemed so factual, but was built on brainstorm!

Negative thoughts are a real enemy to our lives. And, I am the first to admit to my own personal experience in this manner! If we spend all on our thoughts, our time thinking discouraging thoughts, our lives will reflect those thoughts. Our actions develop them. Be aware of bad attitudes from within. Cut out off jealous thoughts at the pass. Don't allow negative feelings to crowd in and steal your joy. This is Satan's greatest joy. If you let

those thoughts step in for an extended visit, sooner or later they will gain allegiance, and take control of you.

Through all this, you notice I didn't say it was easy. It's tough, but will well worth the effort. And, through the blood of Jesus, he was given us the power to overcome the negative, destructive thoughts that Satan so gladly presents to us. You will find that if you retrain your brain you will have more time to think on the positive things that Paul spoke about in Philippians. Remember that sin creeps in slowly to destroy our souls. The peace that God has in store for us can give can be demolished with a single negative thought.

Make a list of your negative thoughts, and contrast those thoughts with positive ones. Refer to your list when those thoughts come into your head. Then crash the negative thoughts to bits!



Our Attitude determines our Altitude! God's peace cannot exist in our hearts

when we allow our minds to think negative thoughts!