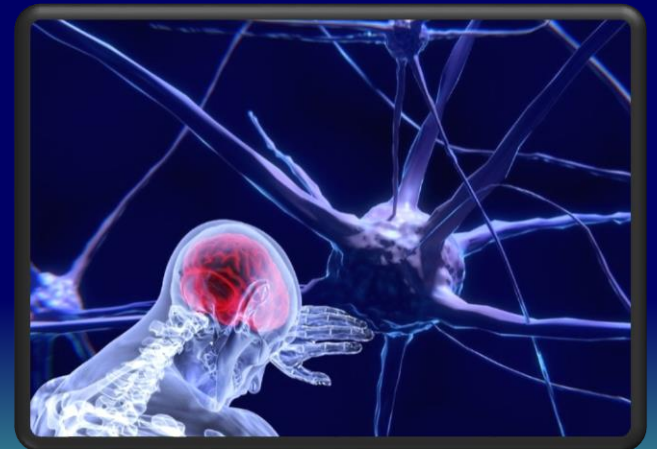


Reprogramming the toxic thought with the truth.

*Do you control your thoughts or
do they control you? (part2)*

Bishop Ronald K. Powell



The Bible tells us to take every thought captive. (2 Corinthians 10:5)

- That means that I have a chance to do something about all thoughts that are not well-pleasing to God, before they enter my heart and become a part of me!


The Bible says:

- "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing, and perfect will" (Romans 12:2).

You renew your mind with the Word of God.

- Proverbs 3:4-6 Living Bible (TLB)
- 4-5 if you want favor with both God and man, and a reputation for good judgment and common sense, then trust the Lord completely; don't ever trust yourself. 6 In everything you do, put God first, and he will direct you and crown your efforts with success.

- 2 Timothy 3:16-17 Living Bible (TLB)
- 16 The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right. 17 It is God's way of making us well prepared at every point, fully equipped to do good to everyone

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- This means you must find the specific promises to counteract the particular lie you are believing and speak them out loud.

- “As a man thinks, so is he.” Proverbs 23:7.
What we think about is crucial to who we are.

- Taking every thought captive – a battle almost all talk of battles and wars when concerning a Christian life refers to the inner battle that arises when a sinful thought tempts you. God's Spirit and the flesh are at odds.

- Such a choice requires a real battle in our thought life, but the weapons of our warfare – the Word of God and the power of His Holy Spirit – are mighty to help us.
- By praying to God in the moment when we sense we are being tempted, we can receive power to keep our thoughts pure.
- Then I have taken the thought captive!

- **If you want your life to change**, if you are not happy with the state of your health, you have got to change your thinking.
- **Start to become aware of what you are thinking...think** about what you think about. It takes a lot of discipline to become aware of what you are thinking. You will be amazed at how lazy you have actually been when it comes to your thought life.
- We just let whatever toxic thought pops into our mind roam in our head and then we wonder why we are sick and why we have tension headaches.
- Meanwhile, if we would just control our thought life, we would be so much happier, healthier people.

- So don't sit back and be passive, watch out for what is going on in your mind, say to yourself, "What is my breeze through the trees activating now? What thorns and toxic strongholds are being activated?"
- **How am I feeling?"** Don't react to that first strong emotion that rises up from your amygdala. First, stand back and analyze it with your prefrontal cortex which is your rational decision-maker and listen to the advice from the still quiet voice of the Holy Spirit in your heart.
- **If that emotion is good for you** – then run with that emotion. If it is not good for you, deal with it. Control your mind with your free will.

- **Reject those toxic thoughts so that they become hot air and don't penetrate your mind.**
- Accept those good uplifting (Phil 4:8) thoughts such as the Word of God and push it into the trees of your mind and grow branches.

- **Prepare for war**
- We must also strengthen ourselves for this warfare beforehand by following Jesus' example when He was tempted by the devil to turn the stones into bread: "But it is written, **'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'**" Matthew 4:4.

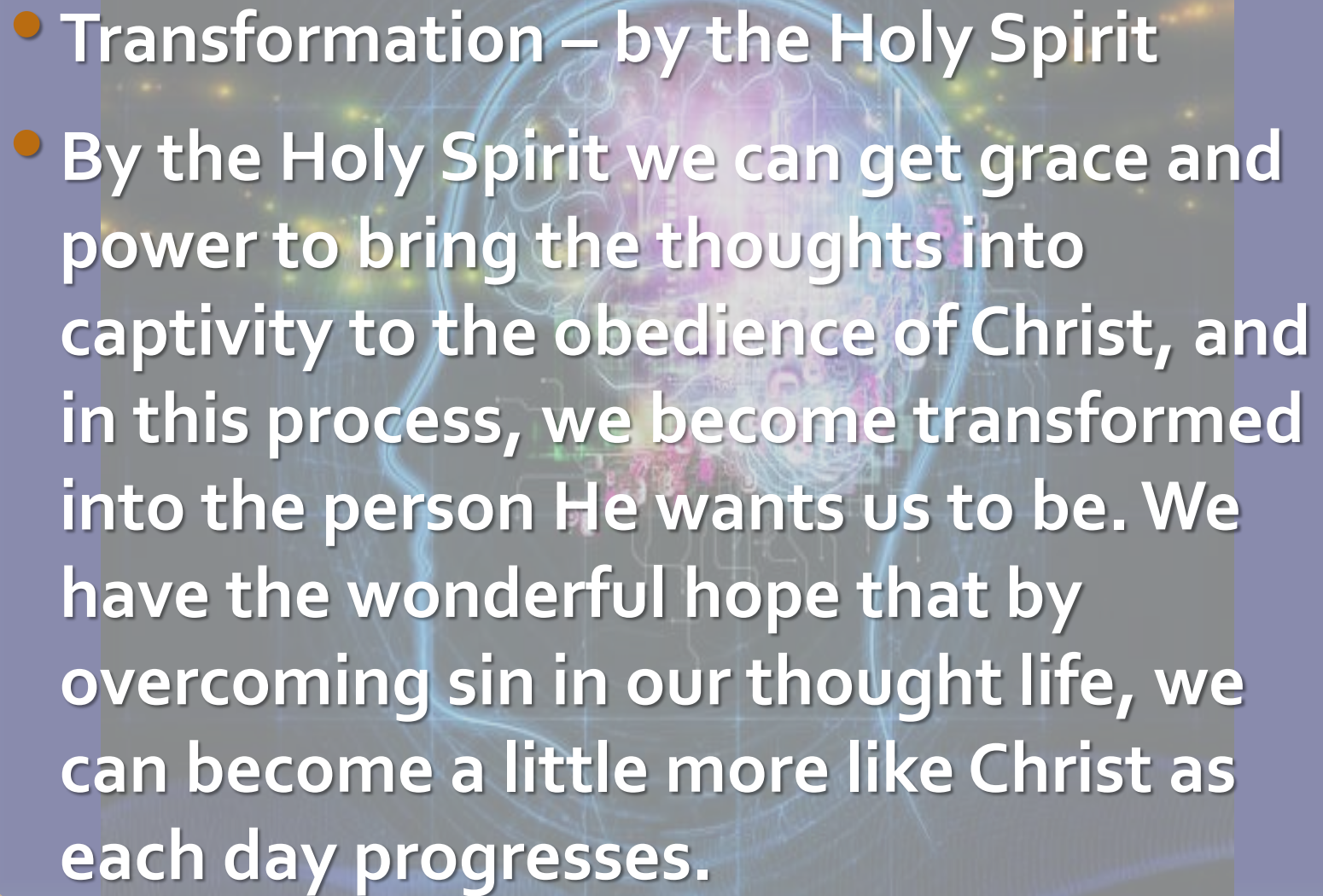
- **The Word of God and the power of His Holy Spirit are mighty to help us take captive our thoughts.** Jesus had armed Himself by reading and meditating on the Word of God that could help Him in the trials of His life.
- If we notice there are areas of our thought life that we find difficult to overcome, we can find specific Scriptures that can help us to get victory over them, and believe in a God who is mighty to save!

- **God's Word is our weapon!**
- For example, if we know we are easily tempted to impure thoughts about the opposite sex, we can take Jesus' words to heart: **"But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell."** Matthew 5:28-29.

If we are prone to anger, we can arm ourselves with James' exhortation:

- **“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.” James 1:19-20.**
- These words of God are our weapons, and will give us power to take all impure thoughts captive!



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- Transformation – by the Holy Spirit
 - By the Holy Spirit we can get grace and power to bring the thoughts into captivity to the obedience of Christ, and in this process, we become transformed into the person He wants us to be. We have the wonderful hope that by overcoming sin in our thought life, we can become a little more like Christ as each day progresses.

- James 1 v 22 and 25: “22But be doers of the Word [obey the Message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth].
- 25 But he who looks carefully in to the faultless law, the [law] of liberty, and is faithful to do it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience).”
- Proverbs 4 v 20 – 22: “20My Son, attend to my words; consent and submit to my sayings. 21Let them not depart from your sight; keep them in the center of your heart. 22For they are life to those who find them, healing and health to all their flesh.”

- In this way, we become valuable tools in God's hands.
- Allowing this inner work of God to take place in us is the greatest task we can take on in life.



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- A hand is shown from the wrist up, palm facing up, reaching towards a bright, multi-rayed beam of light that descends from the top center of the frame. The background is solid black, making the light and the hand stand out. The overall image is set against a blue gradient background with orange and grey diagonal stripes on the left side.
- What is the Holy Spirit saying to you today?

John 6:63

“The Spirit is the One who gives life. The flesh doesn’t help at all. The words that I have spoken to you are spirit and are life.”



Let's Pray

