

Biblical Truths to Remember When Your Mind Is Telling You Lies

Being on the spectrum and having disorders like Autism, Asperger's and Obsessive-Compulsive Disorder (OCD) brings with it a constant umbrella of fear. Yet if we look into the Scriptures, the Bible tells us that we are created by God, in His image, and He gave us a spirit not of fear but of power, love and self-control (2 Tim. 1:7).

Why has this happened, you might ask? Well, there are what is known as generational or intergenerational yokes and bondages, which are spiritual conditions, manifested as physical conditions passed down through family lines. I know this because, in my family, my uncles and my great-grandmother (from my father's lineage) were on the spectrum. As I was being healed, I started to work out that this is a bondage.

With OCD, there is no self-control. People who have OCD have a compulsion to do things randomly and repeat tasks over and over again. I used to wash my hands 1,000 times, an action triggered by fear and the lies of the enemy. Then God brought me to this Scripture: "For God has not given us the spirit of fear, but of power, and love, and self-control" (2 Tim. 1:7).

Romans 12:2 tells us: "Do not be conformed to this world, but be transformed by the renewing of your mind" (Rom. 12:2a). So when the mind is telling you to wash your hands 1,000 times or to open the cap or the door 500 times—or whatever it is—because you are going to die if you don't—or something will happen to your parents if you don't—start to take control of that mind, and tell it, "God has created you in His image, and given you a spirit not of fear, but of power, love and self-control." {eoa}

For more on this Spirit-filled topic, listen to Autism Overturned on the Charisma Podcast Network.