

Live God's Best by Walking in Freedom Every Day

Do you sometimes feel as though your thoughts are a tornado swirling in your mind? One thought pulls another negative thought into the scene, and then damage begins to surface. The good news is that God can silence the chaos, and freedom is the result. Jesus died and rose so that you and I could walk in peace, joy and freedom. We do not have to succumb to the thoughts that enter our minds. We can *choose* what we are going to think about.

Here are a few biblical principles to help break unwanted thought patterns that will alter your mindset. First, recognize that freedom will more than likely be a process. Take small steps. Small steps will eventually add up to freedom. Remember, only the Spirit can change us, but we must do our part.

Next, identify what is really at the core. Spend time with the Lord and ask Him to reveal what is prompting the unhealthy thoughts. It might be unforgiveness, shame, anger, trauma or insecurities. The lies you believe will not end until you get to the root—the source of the problem. Everything else is like putting a Band-Aid on the wound but never cleaning it out. Infection will result every time. As you spend this time, ask the Lord to begin to heal all wounds and to give you the mind of Christ (1 Cor 2:16).

Next, begin to pull down every thought captive unto the obedience of Christ (2 Cor. 10:5). What does this mean? If a thought does not line up with the Word of God, quit thinking about it. Do not give it any more time. Occupy your mind with the truth of God's Word. Who does the Lord say you are? What does the Lord say about you? Who is the Lord to you? In Philippians, Paul reminds them to think on what is lovely,

true, pure and righteous (Phil 4:8). Your mind cannot think two thoughts at the same time, so if you are thinking good thoughts, you cannot focus on negative ones.

Lastly, take time to praise the Lord! Spend time telling Him all the wonderful things He has done for you. Thank Him for who He is.

As you continue to practice these spiritual disciplines, your mind will become renewed. The more your mind is renewed, the more you will walk in freedom. Paul tells us in Romans 12:2 that when we renew our minds, we will know what the will of God is for our lives. I cannot think of anything more freeing than knowing I am in the center of God's will for my life. How about you? {eoa}

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