

TAKING THOUGHTS CAPTIVE

2 Corinthians 10:4,5 ...the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ...

Have you noticed that the things we dwell on can either strengthen our faith or bring us into fear?

The Lord knows that for us to enjoy His peace it is important that we focus our thoughts on things that are good, true and wholesome. He supplies a checklist for us in *Philippians 4:4* to guide us in this important area. Through our obedience to replace those negative thoughts with His word we find we are able to harness them and by the power of His Spirit, bring them into alignment with His word. In this way our lives are transformed from the inside out. (*Romans 12:1,2*) It has been said, "Things work better when we follow the maker's instructions." This is especially true for us. Since God created us in His image, He knows best how we should live and how we can flourish in all areas of our lives.

Just like offenders have some form of restraint placed on them when tried and proven guilty, we need to deal similarly with thoughts of fear. When we recognise negative thoughts and the potential danger of them we can choose to cast them down so they are no longer a threat or danger to us. We do this by using the weapon of God's word and by exercising the authority He has given to us as believers.

As a young person I didn't realise that it really does matter what thoughts you dwell on. Consequently I wasn't vigilant to be selective about what I thought on. When fear-filled thoughts came I would often entertain them, allowing them to dominate my life.

The Bible shows us that words are containers of spiritual power. For example we read in *Proverbs 12:25* "Anxiety in the heart of man causes depression, but a good word makes it glad." If we don't renew our minds to God's word and understand this important truth, we can easily live in an emotional roller coaster, up one day and down the next. God's word is a good word, and it will bring peace and blessing to our minds and hearts. Let's make His word our constant meditation!

No longer keep your eyes focused on your circumstances but look to me. As you do, you will move forward with confidence and you will see clearly the pathway I have prepared for you to walk in. Know that the understanding you need of what to do and when to do it will come into your heart as I lead you and show you how to overcome each difficulty you face. As you trust Me, encouragement and strength will be yours for each new day. You will look back and be able to say, "The Lord was with me all the way!"