

# Why do we still keep taking those harmful thoughts?

Luke 12:25-29 (Jesus) **Which of you by taking a worry thought can add an hour to your life? If you can't do such a little thing, why do you worry about the rest? (like what you'll eat or wear) Consider the lilies...they neither toil nor spin...if God so clothes the flowers...how much more will He clothe you? You of little faith! [Why do we take worry thoughts, when, if God truly is our Father we don't have to?]**

God says you and I choose whether we think and feed on good thoughts or bad thoughts

Phil 4:8 **Whatever things are true...noble...just...pure...lovely ...of good report, if there is to be any excellence, anything praiseworthy, think on these things**

<b>True</b>	... <u>Your word</u> is truth	John 17:17
<b>Noble</b> (esteemed)	...I have esteemed the <u>words of His mouth</u> ...	Job 23:12
<b>Just</b> (righteous)	...For all <u>Your commandments</u> are righteousness	Psa 119:172
<b>Pure</b>	... <u>The commandment</u> of the LORD is pure...	Psa 19:8
<b>Lovely</b> (kissable)	...Kiss the Son (the <u>Word of God</u> with your lips)...	Psa 2:12
<b>Good report</b> (news)	... <u>The word</u> of truth, <u>the gospel</u> of your salvation;	Eph 1:13

These things all refer to God's words. God says we must choose to think on His words.

But we won't forgive: Instead of thinking on God's words what do we do? We dwell on and keep thinking about something someone did or said, and so we take offense thoughts. The reason, in part, these harmful thoughts seem glued to our thought lives is that we didn't forgive someone, from the heart, immediately. Forgiving does not mean condoning what they did (our Heavenly Father doesn't condone what we did when He forgives us). Our forgiving may not change that person or the circumstance, but it makes us right with God. Oh yes we say, we know the forgiveness scriptures – in our heads maybe, but if we don't daily act in faith on them how can any of the forgiveness scriptures be in our hearts.

Matt 18:35 (You will be turned over to evil spirits to torment your thought life)...**if each of you, from your heart, does not forgive their brother/sister their sins.**

Since our Father chooses to not remember our sins when He forgives us, we too must choose to not remember the sins of others (we are freewill beings). Can we actually do that? Yes, if we believe their sins (just like ours) were placed on, borne by and atoned for by Jesus Christ. Yes, if we forgive by faith from our hearts (even when our flesh least feels like it) because it's the faith of Christ. Yes, for we have some of Christ's nature in us.

Eph 4:32 **...Forgiving one another, just as God for Christ's sake has forgiven you.**

2 Co 2:10 **...I also forgive...in the person of Christ** (or Satan will take advantage of me).

We take worry thoughts instead of trusting in God thoughts, about almost everything: The only way an unsaved person or a carnal Christian can be happy, since they both walk by sight, is for their circumstances to be in order. Until a troubling circumstance is fixed they cannot be content, for they have no faith in God, so they will continue to fret, fuss and

worry about it. Again, many Christians are totally familiar with the following verse, but did they only mentally assent to it, otherwise why don't they constantly in faith act on it?

1 Pe 5:6-7 **Humble yourselves under the mighty hand (word) of God, so hat He can exalt you (give you victory) in due time, casting all your care upon Him, because He cares for you (care is fear - fear spirits torment us - 1 Jo 4:18).**

Yes it is humbling to totally trust in God when our circumstances are in a jam, but it's wonderfully liberating. Way better than constantly racking our brains (our carnal minds) to see by what ingenuity and cunning we can get ourselves out of the jam. If God wants us to play a part in His delivering us, which is not always the case, He will show us. But if we insist on continuing to worry about the circumstance, in complete distrust of God, then we retain the care of it, which means God cannot take care of it because we won't release it.

Ps 5:11 **But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them...Who? Those who PUT their trust in Him**

These thoughts lead to depression: If we wont forgive others, and cast all of our worries on God, doing it in faith daily, we will become depressed. Only pride, independence from God, will keep us from doing it. Now it's impossible to act on these truths in faith since they only reside in our intellects and not in our hearts. Both un-forgiveness and worry result in a Christian being constantly tormented by fear thoughts, and that's what depression is:

Isa 54:14 **In righteousness (in God's words) you will be established (in your heart and as a result); You will be far from oppression (depression), because you will not fear; And from terror (panic), for it will not come near you.**

Prov 12:25 **Anxiety (worry) in the heart of person causes depression, But a good word (a word spoken by God replaces worry with faith and) makes it glad.**

God says we have a choice, as to what thoughts we think on. But effort and practice are needed to stop thinking on whatever thoughts currently dominate our thought lives – the spiritually lazy won't do it. To keep caving in to those thoughts just gives our human nature and the devil the power to keep us bound, worried and depressed. God will teach us His thoughts, if we let Him, which have the power to take wrong thoughts captive. We need to show up at live church services and listen daily to anointed Bible teaching and music. This constant exposure to God's thoughts replaces wrong ones and increases our trust in God.

Mark 4:24 (Jesus) **Look closely at what you're listening to. The measure of thought and study you give to the truth (God's words) you hear, will be the same measure of faith and knowledge of God that comes back to you...AMP-adj**

1 Tim 4:15-16 **Meditate (deliberately think) on these things; give yourself entirely to them, that your progress may be evident to all (otherwise there'll be none).**

2 Cor 10:4-5 **The weapons of our (thought) warfare are not human but mighty in God (His word and Spirit, as we live in Him) for pulling down (thought) strongholds... bringing every thought into captivity to the obedience of Christ (God's word).**