

Freedom Bad thoughts

Have you ever been bound by negative thoughts? How does a believer get set free from bad thoughts? This may sound too easy to be true but what I am going to share is Biblical and the exact way a believer rids themselves of negative, overwhelming thoughts.

The world will say that we need to clear our mind but for believer we need to fill our mind. We should not try to erase a bad thought, rather we should replace them with God's Word. We should be thinking on things that are lovely, pure, true, a good report (Phil 4:8). It is not our job in our own will power to set ourselves free from bad thoughts. The apostle Paul spoke of this in Romans Chapter 7:14-24 where he talked about the flesh's inability to overcome the flesh. The flesh has no power to fulfill the law God because it has been corrupted by sin.

What if you have just recently lost a loved one and your mind is being bombarded with how will you manage without them and how much you miss the person. The process for a believer to experience freedom is effortless. When we begin to meditate on death having no more sting for a believer and that we should not sorrow as others who have no hope (1 Cor 15:55, 1 Thess 4:13) and allow God's word to dominate our thinking, our emotions will come in line with our thinking.

2 Timothy 2:26 says that we should be leading people to a knowledge of truth, then they will come to their senses and escape the trap of the devil who has taken them captive to do his will. The truth is God's word and should be what we meditate on day and night.

If we are faced with bad medical report and all we can think about is what the doctor has said and we feel our life is coming to an end we need to take those thoughts captive and be meditating on Isaiah 53:4-5 and Palms 91:16. We need to start seeing ourself well again and playing with our children.

When we are faced with negative or overwhelming thoughts it is our responsibility to get our thoughts in alignment with God's word, then we will be able to walk free.

