

CONTROLLING OUR NEGATIVE THOUGHTS!

INTRODUCTION: Has a negative thought ever popped into your head without warning? Sometimes our thoughts are the result of spiritual warfare. Judas one of Jesus' disciples experienced such a thought. Many evil thoughts and ideas can have their origins in demonic sources, but that is not always the case. Often our mental process is the result of our own habits. When we dwell on anger, we will be susceptible to vengeful thoughts. Ephesians 5:25-27; John 12:6. Judas, although an apostle was not a transformed believer because the Holy Spirit had not yet been given: John 7:37. The Holy Spirit convicts the true believer today of sin and guides us to obey the Lord. 1 Peter 1:23; Romans 7:15-23.

I. WHO IS DRIVING YOUR SHIP?

Are negative thoughts yours, or is something warring against your mind? It depends on your active reasoning. Remember only God has the right to take vengeance: Romans 12:17-21. If you are not brooding, thinking upon something tempting, or doing anything to set your mind upon sin, and a thought emerges from nowhere, it is safe to say this is an attack of the flesh. It may be spiritual warfare, but the war comes through the flesh, for Satan cannot attack our spirit. 2 Corinthians 10:3-5.

II. SATAN ATTACKS THROUGH THE FLESH BUT THE VICTORY IS THROUGH THE SPIRIT!

Satan attacks through the flesh but our victory is through the Spirit. Remember if you try to fight in the flesh you cannot win. When we walk in fear our mind is active and harder to control: 2 Timothy 1:7. We are told how to deal with putting corruption out of our minds: Philippians 4:6-8. We don't stare down temptations but turn from them to gain the victory. Sin dwells in our members—our flesh: So, they are not going away, they are being dethroned. We must put off the deeds of the flesh and put on Christ. Ephesians 4:22-24.

III. PUTTING OFF THE OLD AND PUTTING ON THE NEW!

We put off the old and put on the new: you cannot do the second without doing the first thing. Remember constant renewal is the way to victory. When we put off the deeds of the flesh we must not be surprised that it rises up and demands its way. As we continually put the flesh and its deeds to death it will lose its power to control our lives. Instead of being a bully that demands its way it will become a deceiver that tries to persuade us into partaking in a little temptation. Don't try to get away with blaming the devil for your sinful temptations: James 1:13-15. We overcome by dying daily to our sinful nature. Remember the sinful nature is very opportunistic. It will seize any opportunity, and there will be times that we will lament along with the Apostle Paul and wonder why we do what we don't want to do. Romans 7:24-25. Victory is our birth right but we must learn to walk in the Spirit in order to overcome our fleshly nature. Isaiah 33:6: Our weaknesses are not a hindrance to our Lord—for His strength is made perfect in our weakness: 2 Corinthians 12:10. Our victory is found in surrendering to the Spirit of God and allowing Him to control our thought life and thereby our total life.