

Mind Your Mind

My son, if you will receive my words and treasure my commandments within you,
Make your ear attentive to wisdom, Incline your heart to understanding;
For if you cry for discernment, Lift your voice for understanding;
If you seek her as silver and search for her as for hidden treasures;
Then you will discern the fear of the LORD and discover the knowledge of God.
For the LORD gives wisdom; from His mouth come knowledge and understanding.

Proverbs 2:1-6

We have discussed lies and feelings extensively throughout our time, but we have not discussed the role of our **WILL** to rule over lying thoughts and temptations. In fact, when it comes to our minds, the **WILL** play a vital role. The enemy has no power over our spirit, so he seeks to access the only way he can—through our thoughts. He took advantage of Eve in the Garden of Eden by interjecting a thought into her soulful realm. He tempted her to choose knowledge over the spiritual life of God. Rather than evicting the thought, Eve allowed it to grow roots like a weed that produced unwanted fruit.

The **WILL** is your chooser. Do you choose vanilla or chocolate ice cream?

WILLPOWER is fleshly determination to rely on your intellect and talent.

DIVINE ENABLEMENT is God's adequacy working in you.

The believer's mind is a gift from God. Your mind is like a television. Your mind receives thoughts that you can choose to tune in or out. As with a television, you can exercise your will and choose to switch and set the channel. Knowing you can **CHOOSE** to direct your thoughts is the key to Christian victory and all spiritual warfare. Your thoughts influence your feelings and direct your actions and choices. **CHOOSING** what you **WILL** meditate on is as simple as switching the television channel, but it requires daily intentionality. Your mind will gravitate to what you are feeling or experiencing. Therefore, you must mind your mind.

Every temptation leading to defeat starts with a thought. (James 1:14-15) Too often, our minds are left unattended, and we accept anything that comes to mind or is interjected by the enemy. You are a new creation, and not every thought is YOUR thought. Some are from the enemy or the world, and some are our self-talk. Our minds can get stuck on a channel of self-loathing, fear, injustices, or lack, and the inward spirit recoils, longing for the light of God's truth.

When a thought comes to mind, we can evaluate it and decide whether to reject or accept it. For example, when the thought that I am a bad person comes to mind, we can ask ourselves, "Would Christ say that about me?" If Christ would not say that about us, we get to reject the lie or temptation and replace the thought with the truth.

Here, our will acts like a channel, allowing or disallowing thoughts. We can change the channel and set our minds on the truth, or we can set our minds on the flesh. It is our choice. Setting our minds on the truth invites the Spirit to renew our minds in the truth and be our source of life and victory.

