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DAILY DEVOTION

MAINTAINING YOUR PEACE OF MIND

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Text: Isaiah 26:3 (NLT)

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

Do you control your thoughts, or do they control you?

Our thoughts can produce positive or negative actions. One of the first battles Christians encounter is in the mind. Our minds, and what we think, are battlegrounds between God and Satan. The Bible tells us that Satan is a liar and a deceiver. He strives to cause us to think wrong thoughts that lead to wrong conclusions about God, others, and our own identity in Christ.

He can make our thoughts troubling, but he doesn't have to control them!

Apostle Paul describes the battle for our minds, and the spiritual weapons God has given us in 2 Corinthians 10:4-6

[4]For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,

[5]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,

[6]and being ready to punish all disobedience when your obedience is fulfilled".

How can you take control of your thoughts? Paul tells us that this is part of our spiritual warfare. In 2 Corinthians 10:3 (NIV), he said, “For though we live in the world, we do not wage war as the world does.”

Did you get that? If you are a Christian, you need to arm yourself for warfare with the promises of God. You and I have been given weapons for this battle, but they are not the weapons of the world. The weapons we've been given have divine power to demolish strongholds! One author defines a stronghold as "a mindset impregnated with hopelessness that causes us to accept as true something which we know is contrary to the will of God."

When a thought comes to mind, it's wise to discern whether that thought is true or false. How do you do that? The Bible says to take captive every thought to make it obedient to Christ. Run the thought you're thinking through the grid of God's Word. Does it align with the truth of what God's Word says?

Is it contrary to God's Word? If it is, reject the thought as from the enemy and accept the truth of what God says.

Because our feelings are often attached to our thoughts, it's easy to be deceived. That's why we can't respond with our feelings but, instead, with the facts of what God says in His Word. When we do, we use the mighty weapon of His Word against the enemy. The Bible calls that weapon the sword of the Spirit!

You don't have to let negative, untrue thoughts control you. If you want to maintain peace of mind, put God's promises into practice and fix your thoughts on Him and His Word. Begin now by memorizing and meditating on this promise for peace of mind: "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!" (Isaiah 26:3, NLT)

Prayer: Holy Spirit, take control of my thoughts and give me grace to overcome satan and all his agents by the Sword of the Spirit which is the Word of God, in Jesus name, Amen!