THE POWER OF YOUR MIND

Walk in divine excellence and transform your world through the power of a renewed mind

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Introduction

A God-Given Instrument

God's greatest desire is for us to live victorious lives and continually enjoy His blessings bequeathed to us in Christ Jesus. But one reason many are still struggling to live that glorious life is their inability to appropriate to themselves what God has already made available to them. God in His loving-kindness has, however, equipped you with a special instrument to help you appropriate and come into full possession of these manifold blessings. That instrument is your mind!

God has given us several amazing gifts, and they all have their specialised functions. He gave us mouths with which to chart the course of our lives, to confess ourselves into salvation, and beyond that, to where

we enjoy the full benefits thereof (Romans 10:9-10). In **Romans 12:2**, Paul tells us about one of the wonderful gifts God gave us and its function; he said,

> **"And be not conformed to this world: but BE YE TRANSFORMED BY THE RENEWING OF YOUR MIND, that ye may prove what is that good, and acceptable, and perfect, will of God."**

This is an important revelation. Paul, by the Spirit, lets us know that God has given us our minds for our transformation. The English word "transformed" is from the Greek word "metamorphoo," which means "to be transfigured or changed from one form, state, or level to another."

Imagine that the Scripture stopped at **"...be ye transformed"**; we would have been at a loss as to how to be transformed. Thank God He told us how! He said we'll be transformed by the renewing of our minds, not by the renewing of our phones, cars, wardrobes,

homes, or bank accounts. You can renew these things all you want, you still won't be transformed until your mind is renewed. That's because God has fashioned your mind as the instrument for your transformation. And this transformation we're talking about is from one level of glory to another, from one standard of living to a higher and better one, glory to God!

Your mind is unlimited in its potential to create whatever you desire. When you put your mind-power to work, the possibilities are endless. There're no limits to what you can achieve, and absolutely no restrictions to how high you can propel yourself in life.

Your prosperity is not essentially determined by your geographical location or the economy of the nation in which you live. What you become in life is largely determined by the content and quality of your mind, because with your mind you can change anything about you: with it, you can establish a perfect structure and administration for your life, and enjoy to

the utmost the special life God has given you.

However, for all of these to happen, you must know how to use your mind. In other words, the content and character of your mind must be rich and positive enough to pull toward you what you want. Failure to use your mind rightly will only result in stagnation and retrogression, but if you want a transfiguration and transportation to the next level of glory and a higher and better quality of life, then you've got to learn to use your mind right.

This is what the Spirit of God is guiding me through this book to help you discover and understand, so you can effectively harness the power of your mind and channel its contents in a way that'll help you create a winning, successful, and vibrant life.

1 RENEWING YOUR MIND: THE CONCEPT OF MIND MANAGEMENT

After you come to Christ, God gives you new ways of thinking about Him, Heaven, yourself, your circumstances, the world around you, and life in general; He gives you new information and shows you how to relate with other people.

That's why Scripture tells us in Romans 12:2, *"... be ye transformed by the renewing of your mind...."* In other words, "Don't act like the rest of the world, but be transformed (transfigured, metamorphosed) by renewing your mind, changing your way of thinking, accepting God's thoughts and opinions, exchanging your ideas for His, and learning to think and talk like Him.

But you can't think like God except you have the

right material to think on, which is His Word. God's words are His thoughts clothed in vocabulary.

THE WAY TO TRANSFORM, IMPROVE, AND UPGRADE YOUR LIFE IS BY RENEWING YOUR MIND.

God has shown us that we can influence our thinking in order to become more productive, successful, and prosperous. You can manage your mind and bring forth excellence, greatness, success, and prosperity. This is your responsibility, and God expects you to do it.

The Bible makes us understand how important it is to manage our minds; it not only determines the character of your personality, but the results you get and the quality of your life.

Romans 12:1-2:

"I beseech you therefore, brethren, by the mercies of God, that ye present your

bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Question: Do you want to transform your life? Do you want to have a better quality of life? Well, Paul says to you here by the Spirit that the way to transform, improve, and upgrade your life is by renewing your mind.

I've termed this spiritual principle **"MIND MANAGEMENT"**; it refers to the concept of reorganizing or reprogramming your mind (its contents and processes) with God's Word and aligning your thinking, perceptions and mindset about God, other people, the world, and yourself, with His Word.

If God is telling you to be transformed by the renewing of your mind, it means He's letting you know you're the one to make it happen. He's instructing you to do it because He's put the ability within you.

You're The Expression of Your Mind

Who you are today is a function of your mind. Your personality is the expression of the contents and working of your mind. The Bible says as a man thinks in his heart, so is he (Proverbs 23:7). Your life and the totality of your personality (how you live, what you do, the character of your words, etc.) are the expression of your mind.

Now, God has shown you that you can manage your mind. That means you can work on your mind and change its contents, and that change will show up in your character and the results you have in life.

Increase Your Value

Managing your mind is the primary principle for increasing your value, multiplying your success, upgrading your state, and thus, enlarging your estate. Sometimes, you may have tried so hard and done all you thought you knew to do about something, without much success. What more can you do? Well, why don't you begin with mind management? Can you manage your mind differently regarding that situation? Can you access your mental hard drive to see what files you need to delete and the new ones you need to download and install?

Yes you can, and you should. You can make your life happier and much more fulfilling by making the right changes in the structure of your thinking.

We've established an important point here: you can transform your life by changing your way of thinking, i.e. by renewing—or managing—your mind.

But before we delve deeper into the contents

of the mind and how to renew it, let us establish an understanding of the mind itself.

2 UNDERSTANDING THE MIND

Much as the human mind has been explored and discussed, it is yet to be discovered in the laboratory or revealed through scientific experimentation. Indeed, understanding of the mind is not something that even the world's best scientists, doctors, historians, or philosophers can give, for their finest explanations of the mind are speculatory at best.

That's because the mind is an intangible, spiritual entity, and only God's Word can shed the best light on it.

Hebrews 4:12 tells us:

> **"...the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the**

> **dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."**

This is something the ordinary mind can't do or give you. It takes the revelation of the Word of God through the power of the Holy Spirit to make such distinctions between the soul and spirit known.

So we will begin with a simple definition of the mind:

> *The mind is the faculty of man's reasoning and thoughts. It holds the power of the imagination, recognition, and appreciation, and is responsible for processing feelings and emotions, resulting in attitudes and actions.*

There are some key words in this definition, the first of them being "thoughts."

Thought(s) is the creation, recalling, reviewing, and processing of images, for meaning, reason, language, and expression.

This means you can create, recall, review, and process images for meaning. In other words, you can give meaning to the images you get. You can also process those images for reason, language, and expression. All of these take place in the mind.

When your eyes focus on an image, it's your mind that interprets that image, and that's when you really see. If your mind can't interpret it, it doesn't matter what the image is, it'll make no sense to you. For instance, if you're given an Arabic book to read, and your mind hasn't been trained to understand Arabic letters, they'll be unrecognizable to you. Your first surprise would be that the words are written from right to left!

In studying this subject—whether in the Old or

New Testaments—you'll discover that several words are used interchangeably to refer to the mind or its activities. Examples are "thoughts," "reason(ing)", "imagination," "thinking," and "inclination."

Sometimes, you'll read a scripture in one Bible version where the word "thought" is used, but another version expresses the same word as "reasoning."

You'll also find the words "mind," "soul," and "heart" being substituted for each other. But the mind is not the heart, and the heart is not the soul. Sometimes, "soul," "heart," "the hidden man of the heart," and "spirit," are used to describe the inward man (who comprises the human spirit and his soul).

THE MIND IS AN INTANGIBLE, SPIRITUAL ENTITY, AND ONLY GOD'S WORD CAN GIVE THE BEST LIGHT ON IT.

But these are all just generic expressions of the inward man you'll find being used synonymously throughout the scriptures. And they're just a fraction

of the vast number of synonyms that are used in expressing the phenomenon of the mind and its activities. Therefore, to better understand the mind, you need to have a clear understanding of the scriptural definition and description of the human person.

The Outward Man And The Inward Man

Man, primarily, has a twofold nature: the outward man and the inward man. In 2 Corinthians 4:16, Paul clearly distinguishes between these two when he said, *"For which cause we faint not; but though our OUTWARD MAN perish, yet the INWARD MAN is renewed day by day."*

He lets us know there's an outward man and there's an inward man.

The outward man is the physical body and its five senses (sight, hearing, smell, touch, taste). These senses are his medium for relating with his environment. That's

why the human body can only receive information from this world through its five senses.

The inward man, however, is the human spirit and his soul (the seat of his mind, will, emotions, reasoning, and intellect). He's the one the Bible calls "the hidden man of the heart." He's not seen with the natural eyes, because he is the "man within the man."

Now, every one of us is a spirit being, and our inward man is the real person living in the physical body. That's the one who receives Christ's salvation. When you believed and confessed the Lordship of Jesus, it wasn't your body (your outward man) who was reborn; it was your inward man—your human spirit— that was born again.

Your human spirit has spiritual senses, and they function through your soul and its mind. This shows why your mind is so powerful and important, because it is the connector of your spirit to your body.

A Clearer Picture Of The Mind And Soul

Sometimes, spiritual things can be difficult to communicate, but the Bible shows that we can understand them by looking at the physical. That's because the spiritual gave birth to the physical. Hebrews 11:3 tells us, *"...the worlds were framed by the word of God, so that things which are seen were not made of things which do appear."*

To give you a better understanding of what I said about the inward man being the human spirit and his soul, and the outward man being the human body and its senses, I'll compare the nervous system and the soul:

What the nervous system is to the body, the soul is to the spirit.

Just as the nervous system is an integral part of the human body, the soul is inseparable from the human

spirit; it belongs to and functions for the human spirit. You'll get an even clearer picture of the soul with this comparison between it and its physical counterpart:

> **What the nervous system is to the body, the soul is to the spirit, and what the brain is to the nervous system, the mind is to the soul.**

This therefore means that the mind is in the soul, just as the brain is part of the central nervous system. That's why you can see (imagine), hear, or feel with your mind. All the things the central nervous system and physical senses of the body can do are actually a reflection of the attributes of the inward man.

Thus, your mind has the ability to see, hear, perceive and interpret, even though you can't physically locate it in your body. It resides in your soul, and is a spiritual entity that only God can see.

The Human Brain

The American Heritage Stedman's Medical Dictionary gives the definition of the brain as *"the primary center for the regulation and control of bodily activities, receiving and interpreting sensory impulses and transmitting information to the muscles and body organs. It is also the seat of consciousness, thought, memory, and emotion."*

This is a great definition of the brain, but there's a part of it that isn't exactly right. The seat of consciousness, thought, memory, and emotions doesn't reside in the brain. In medical science and other fields, they know that the brain can be fully functional even when an individual isn't conscious. Consciousness, therefore, doesn't reside in the brain. Even memory can't be said to reside in the brain, because true memory goes beyond recording information to processing it. And such processing of information—usually for interpretation, meaning, language, and expression—

THE BRAIN IS NEITHER THE MIND NOR THE SOUL; IT'S A PHYSICAL ORGAN OF THE BODY, WHILE THE SOUL AND MIND ARE INTANGIBLE.

is not in the power of the brain but the mind.

So the proper definition of the brain would be that it is the center for the regulation and control of bodily activities, receiving and interpreting sensory impulses and transmitting information to the muscles and organs of the body.

Even though *The American Heritage Stedman's Medical Dictionary* goes beyond the scope of the brain in its definition, there's some truth in it; it shows us there's a seat of consciousness, thought, memory, and emotion. That's because Science recognises there's a connection between the mind and the brain—i.e. between the inward man and the outward man—but it doesn't know how to make that connection.

The brain is neither the mind nor the soul; it's a physical organ of the body, while the soul and mind are intangible. However, the body's central nervous

system (the brain and spinal cord) works in conjunction with the mind for optimum consciousness, cognition, and expression. These two—the central nervous system and the mind—are ultimately responsible for the character of a man. This is the connection between the mind and the brain and how they work together.

Educating The Inward Man

The mind is capable of receiving and processing information from the outward man and its senses, as well as from the inward man and his spiritual senses. It is the connector of the physical or outward man and the spiritual or inward man, thus giving the man his real character. The mind is ultimately responsible for the man's attitude and actions.

The best education in the world is an attempt to inform, refine, and develop the mind through the senses of the outward man. This is the most and farthest even the best schools and universities can go: the education

of the mind through the senses. But man has a far better and more sublime potential than this. It is the education of the inward man, the human spirit, which ultimately leads to the education of the mind. This is only achievable through receiving and meditating on the Word of God.

Only through God's Word can the inward man be discovered and educated. You'll see this in **Hebrews 4:12**,

> **"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."**

Notice it says the Word pierces "even to the dividing asunder of soul and spirit." This means it goes

into the very core of our nature to distinguish and separate between the soul and the spirit. Only God's Word can do that. It helps us discover our inward man. No school in the world that educates the mind through the senses can do this. The farthest they can go is train the mind to become educated in the sense-realm, but the real man—the spirit man—requires a different kind of education.

I'm not in any way belittling formal education, because the better educated a person is, the more advantages he can have in this world. When you know more about your environment, the world in which you live, and the people in it, you have an advantage over the one who doesn't.

Now think what better advantages you'll have with the education of your spirit and your spiritual senses. That's the advantage you get by reading spiritual material such as this that can help you discover the real you and improve the quality of your life from within.

This critical education of your inward man is achieved through what I've termed MIND MANAGEMENT, and it's what Paul refers to in **Romans 12:1-2** where he tells us:

> **"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."**

Notice he says in the first verse, *"...ye present your bodies"*; this means you (the inward man) own your body. He lets you know that your human spirit has power over your outward man. Therefore, don't let your body control you; instead, take control of it and present it to God as a living sacrifice.

He then goes further in the second verse to talk about your spiritual education: *"be ye transformed by THE RENEWING OF YOUR MIND."*

Just as a man is transformed through education of his natural senses, your inward man can also be transformed through the education of your spiritual senses.

Therefore, don't be conformed to this world. Don't live like them, or think like them, or see from their perspective. Instead, be transformed, transfigured, and translated by the renewing of your mind.

Don't say, "Oh God, take me to the next level!" It's your responsibility to transport yourself from one level of glory to another in your life. You can live a better and more glorious life by your choice, and He's shown you here exactly how to do it—by renewing (effectively managing) your mind.

A Better Understanding Of The Working Of The Heart, Soul, Mind, And Thoughts

I'll show you a few portions of Scripture that you'll find helpful in understanding the points we've made so far about the heart, soul, mind, and thoughts.

Matthew 15:1-11:

> **"Then came to Jesus scribes and Pharisees, which were of Jerusalem, saying, Why do thy disciples transgress the tradition of the elders? for they wash not their hands when they eat bread... And he called the multitude, and said unto them, Hear, and understand: Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man."**

The scribes and Pharisees had charged Jesus' disciples with the offense of eating with unwashed

hands. Understand that they weren't so concerned about hygiene here, but a ceremonial purification. So Jesus replied them, "It's not what goes through the mouth into the human body that defiles a man, but what comes out of his mouth." His disciples went to Him later, requesting further explanation of this parable, because they didn't understand it.

> **"And Jesus said, Are ye also yet without understanding? Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from THE HEART; and they defile the man. For out of THE HEART proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat**

with unwashen hands defileth not a man" (Matthew 15:16-20).

Watch Jesus' words here. The "heart" He's talking about isn't the physical organ beating beneath your chest and pumping blood through your body; rather, it's the human spirit and his soul (or more specifically, his mind), from where, He says, evil thoughts proceed. He's letting us know that evil thoughts don't come from the physical body (the brain), but from the mind.

YOU'RE A REFLECTION OF YOUR THOUGHTS. YOUR LIFE IS THE OUTWARD MANIFESTATION OF THE INNER WORKINGS OF YOUR MIND.

This is remarkable! The Lord helps us see the difference between the human spirit and the physical body, and how a man is defiled (corrupted, made unclean) by evil thoughts that come, not from his brain, but from his inward man (his heart and mind).

There are different kinds of thoughts—good and evil—that come from the heart, and Jesus categorised these as evil, because they had been negatively processed in the mind.

Now, let's read another portion of the Bible from **Luke 24:36-37:**

> **"And as they thus spake, Jesus himself stood in the midst of them, and saith unto them, Peace be unto you. But they were terrified and affrighted, and supposed that they had seen a spirit"**

This was after the crucifixion and resurrection of Jesus. The disciples were all huddled together in a small room, discussing the harrowing events of the past few days, and wondering whether it was really true that Jesus had resurrected as some had reported.

While they were talking, Jesus suddenly appeared in their midst, with the doors being securely shut. They

thought they'd seen a ghost, and, boy, were they terrified! Then Jesus said to them,

> **"Why are ye troubled? and why do THOUGHTS arise in your HEARTS?" (Luke 24:38).**

Again, I want you to observe the word "heart" closely. Remember, I told you the words "heart," "soul," and "mind" are used interchangeably in Scripture. Let's read from the NIV translation and see how this verse is rendered,

> **"Why are you troubled, and why do DOUBTS rise in your MINDS?" (Luke 24:38 NIV).**

This time, the translators correctly used the word "mind" in place of "heart."

Jesus had told His disciples He was going to rise again from the dead; then they heard eyewitness

reports from those who had seen Him alive after His crucifixion, but were still in doubt. Then the Man Himself showed up right in their midst, but they looked at Him and still doubted, thinking, "It must be His ghost."

Jesus' response to them was so beautiful. It helps us understand something about doubts and the mind. He asked them, "Why do these thoughts (doubts) arise in your minds," letting us know that doubt is a kind of thought that forms in the mind.

Observe something here about how the mind works. When Jesus appeared to His disciples, they thought they'd seen a ghost, and they were scared out of their wits. These men had obviously heard some terrifying stories about ghosts. They must have heard that ghosts are spirits of the dead that haven't gone to their place of rest and are wandering about the earth, even though they've passed over into the spirit realm.

Just because you've never seen a ghost doesn't

mean they don't exist. They're real, and sometimes our eyes and ears can be opened in the spirit realm to see and hear them before they're taken away.

The disciples must have learnt about the reality of ghosts, but you know, people are often afraid of what they don't understand, or things beyond their control. In this case, the disciples were afraid of ghosts, even though they'd never seen one before. They didn't know what ghosts were, aside what they'd heard about them. Now, they thought they'd seen one and almost passed out from fear.

However, it wasn't a ghost they saw, but the Lord Jesus—the One they'd known and interacted closely with the last three years. But now He had a hard time convincing them He wasn't a ghost. He said, *"Look at my hands and my feet and see who I am! Touch me and find out for yourselves. Ghosts don't have flesh and bones as you see I have"* (Luke 24:39 CEV).

And to further prove His point to those who were

still doubtful, He *"asked them, "Do you have something to eat?"* and in response, *"They gave him a piece of baked fish. He took it and ate it as they watched"* (Luke 24:41-43 CEV).

When they saw Him eat normally this way, it dawned on them that it was indeed the Master who had risen from the dead.

Where Did The Fear Come From?

Why were Jesus' disciples so afraid in the first place? Their fear came from the previous wrong and negative information they'd received regarding ghosts. That information had communicated fear to their hearts. Fear was already resident within them, and when Jesus showed up, their "fear files" were opened, and they manifested fright.

Understand this: what we hear (the information we receive) can produce faith or fear in us; it can generate weakness or strength. Fear doesn't exist by

itself; it comes as a result of information.

In the next chapter, we'll go further to see the benchmarks against which the character and quality of your thinking are measured. Paul gave us that beautiful list in Philippians 4:8, and it's our responsibility to study it and conform our thinking to God's standard.

3 "THINK ON THESE THINGS..."

Protect Your Mind; It's Not An Open Field

There are people whose minds are like an open field that anyone (or animal, for that matter) can go through and drop unwanted seed. When you leave your mind open this way, any worthless seed can be thrown in it and it'll grow. It's your spirit that the Bible describes as a field, not your mind. And because your spirit is only accessible through your mind—which is the door to your spirit—nothing can get in there that you don't first allow in your mind.

That's why the Lord instructs us: *"Keep thy heart with all diligence; for out of it are the issues of life"* (Proverbs 4:23).

The word, "keep," used in this scripture is the same used in Genesis 2:15: *"And the Lord God took the man and put him into the garden of Eden to dress it and to keep it."* It doesn't suggest putting or separating the garden away to somewhere safe. It actually implies taking care of it in a protective way and ensuring its security against any external aggressor.

The *Good News Bible* translation puts it clearer. It says, *"...the LORD God placed the man in the Garden of Eden to cultivate it and guard it."* The word "guard" has a military connotation, which suggests protecting from attack or maintaining in safety from danger.

You'd agree that if there's no enemy or adversary, there wouldn't be any need to guard something that belongs to you against an attacker. Truth is, there's an adversary, and that's why the Lord instructs you to keep—or guard—your heart with all diligence.

I love *James Moffat's* delivery of Proverbs 4:23-24. He says in his translation, *"Guard above all things, guard*

your inner self so you can live and prosper. Bar out all thoughts of evil and banish wayward words."

Have you ever heard someone say, "I was barred from joining the team"? It means he was prevented, kept out, blocked, or disallowed from joining the team. That's how the Bible tells you to guard your heart, by barring (disallowing, keeping out) all thoughts that are not consistent with God's Word.

Now, this doesn't sound like the evil thoughts are originating from you, does it? What it simply shows is that there's a devil out there trying to send the wrong thoughts into your heart (through your mind). So you're admonished to bar his evil thoughts and banish his wayward words.

If someone says something to you that challenges God's Word, bar it from your mind! Don't try to accommodate it or reason it out. The Bible says to guard your heart with all diligence, so you must recognise that God is not going to guard your heart for

you. The responsibility is yours. But the good news is that you're not helpless as to what to do. You've been equipped with "the whole armour of God" (Ephesians 6:11), and what you need to do is put it on and never take it off! With your armour in place, you'll be able to bar every evil thought or idea against God's Word that tries to assault your mind *(We'll be looking at this in greater detail in chapter seven)*.

God's Yardstick For Measuring Good Thoughts

God didn't just instruct us to mount guard at the door of our hearts and disallow anything from passing through that shouldn't; He also shows us exactly how to place that guard over our minds—by choosing the thoughts we allow passage. In other words, He didn't just

IF SOMEONE SAYS SOMETHING TO YOU THAT CHALLENGES GOD'S WORD, BAR IT FROM YOUR MIND! DON'T TRY TO ACCOMMODATE IT OR REASON IT OUT.

tell us to renew our minds without showing us how. He told us the files to delete from our minds and the new ones to download and replace them with.

> **"Finally, brethren, whatsoever things are TRUE, whatsoever things are HONEST, whatsoever things are JUST, whatsoever things are PURE, whatsoever things are LOVELY, whatsoever things are of GOOD REPORT; if there be any VIRTUE, and if there be any PRAISE, think on these things" (Philippians 4:8).**

How remarkable this is! It immediately shows us God's yardstick for measuring good thoughts. It says whatever things are consistent with truth [God's Word], excellent, lovely, of good report, and praiseworthy, focus your mind on these. In other words, let these thoughts occupy your mind and control your thinking-process.

What Are You Thinking About?

Imagine the kind of life you'll live if this verse of Scripture controlled your mind. How many times have you heard something that wasn't true, or honest, or pure, or of good report, but you kept it in your mind and thought about it?

Maybe you heard, saw, or experienced something that made you unhappy, and it kept you up all night, musing and tossing in your bed. Every time you closed your eyes, you saw those negative images and relived the nasty experience again, which only served to upset you even more. Why do you let yourself worry so? Free your mind of such self-inflicted, internal conflicts.

Why have you been thinking of something that's not true, honest, pure, or just? Why dwell on it if it's not lovely, virtuous, or praiseworthy? Why hold on to something that's a connection to unhappiness? Did you know that negative thoughts could reconstruct your face and cause you to look older than you actually

are? This is the reason some folks look ten years older than their age!

You walk into the office and you see some colleagues huddled together, trading tales about another colleague, and you pull up a chair and join in the discussion. Then you wonder why you're unhappy, turning around in cycles, or going one step forward and two steps back. Well, it's because you've been dwelling on things that are not of good report!

FACT AND TRUTH ARE TWO DIFFERENT THINGS. SOMETHING MAY BE A FACT, BUT IF IT DOESN'T ALIGN WITH THE WORD OF GOD, IT ISN'T TRUTH.

God's Word has shown you what to dwell on as His child. It says it must be HONEST, JUST, PURE, LOVELY, OF GOOD REPORT, VIRTUOUS, and PRAISEWORTHY. Now, you may hear something that sounds honest or true but isn't lovely or of a good report; don't dwell on it, because it falls short of the measure of God's standard of thoughts to allow.

Some folks like to set their minds on news or information that's not praiseworthy. Worse, they get others to join in with them, and together they form the "grumpy group." Refuse to be a dumping ground for their trash.

I believe you want to live a successful and brilliant life, filled with outstanding results and remarkable accomplishments. For that to happen, you cannot afford to be small in your mind. When you have big things to do, and you have a world to take, you can't afford to focus on frivolities and mundanities.

What God Expects You To Think Of Yourself

Perhaps, you're experiencing some challenges with your health, or the doctor has diagnosed you with a deadly sickness or disease. Now you're troubled and wondering what to do about your condition. I want you to realise that in the eyes of God, such a report

isn't true, because it's not in line with His provisions for you revealed in His Word. That condition doesn't fall in line with God's definition of truth. So refuse to dwell on it. Reject it in Jesus' Name. Don't think on it, and don't voice it.

The doctor, by virtue of his training, may tell you the facts, but the Word of God is the truth (John 17:17). Fact and truth are two different things. Something may have been proven or verified as a fact, but if it doesn't align with the Word of God, it isn't truth.

The Bible already says, *"If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new"* (2 Corinthians 5:17). That means even if you were born with a sickness, now that you're in Christ, you don't have it anymore; it's passed away. You now live in divine health. So sickness or disease no longer have a place in you, praise God!

This is the consciousness that God wants you to have. This is how He wants you to think about yourself.

You Can Do It!

Now you may be reading this and thinking, "But this isn't realistic." Well, it's realistic and normal in God's Kingdom where I live! Remember, God's Word is "truth," meaning "verity" or "reality." So in our Kingdom, these are the realities by which we live. We don't participate in any kind of negative communication. The Lord said to me several years ago, "Son, look from the mountaintop." That's where I live, and it sure is no dumping ground for trash talk or thought!

"...Whatsoever things are JUST, whatsoever things are PURE, whatsoever things are LOVELY, whatsoever things are of GOOD REPORT; if there be any VIRTUE, and if there be any PRAISE, think on these things" (Philippians 4:8). God isn't telling us to do something He knows we can't. We're His children, and this is the life He's called us to. If He said these are the things we should think on, it means we can and we must, if we're

to enjoy the full benefits of the life He's given us.

What you do with your mind is so important. Remember, you're the expression of your mind, and the quality of life you'll live here on earth isn't a function of the quality of your spirit but of the character of your mind. Your mind can make you poor or rich. It can place you on the pedestal of glory and greatness or dump you in the dust of suffering and shame. Choose glory. Choose life. Choose to use your mind right.

4 USE YOUR MIND RIGHT

It's critical that you understand how to use your mind right, because that's your ticket to the next and higher level you desire. One of the first things you must learn to do with your mind is to focus it on the right thing. Isaiah 26:3 says,

> **"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."**

The Hebrew rendering of the phrase "perfect peace" is "shalom shalom," which in essence means "peace of prosperity." The Lord keeps him in the peace of prosperity whose mind is stayed (fixed, focused) on Him. Isn't this wonderful; not only is his life peaceful, but it's peaceful in prosperity, praise God!

"Thou wilt **keep** *him in perfect peace"* means

that when you enter into this realm of peace and prosperity, you remain in it and your life is maintained there, because God keeps you there.

"Thou wilt keep him in perfect peace, whose mind is stayed on thee..."

Now, notice the scripture doesn't say, "...whose hands and legs are stayed on thee," but "whose mind is stayed on thee." This is very instructive. He's telling us again about this instrument called the mind. If you've ever asked or wondered what you're supposed to do for the power of God to work in your behalf and keep you in peace and prosperity, you've got your answer right there—stay your mind on the Lord!

ONE OF THE FIRST THINGS YOU MUST LEARN TO DO WITH YOUR MIND IS TO FOCUS IT ON THE RIGHT THING.

With All Your Mind

You may be thinking, "How do I stay my mind on the Lord and remain in the peace of prosperity?" Deuteronomy 6:5 tells us something very instructive in this regard; it says:

> **"And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might."**

Moses delivered this commandment from the Lord to the children of Israel, instructing them on how to love the Lord their God. Some other translations use the word "strength" in the place of "might." For example, the NIV reads:

> **"Love the Lord your God with all your heart and with all your soul and with all your strength" (Deuteronomy 6:5).**

Have you ever pondered this scripture and wondered how one could love the Lord with all

his might or strength, since love as an emotion isn't necessarily expressed through physical energy?

Thankfully, the Lord Jesus gives us the answer. In one of His teachings, He picks up the same scripture from the Old Testament and decodes it ever so simply in response to a question that was thrown at Him:

> **"Then one of them, which was a lawyer, asked him a question, tempting him, and saying, Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy MIND" (Matthew 22:35-37).**

Here, the Lord Jesus introduces the word "mind" in place of "might," letting us know that loving the Lord with all your might (or strength) is the same as loving Him with all your mind. This implies focusing

or channeling your mind in a certain direction. This is what you use your mind for. When you focus your mind, it helps to direct your energies and bring them to bear on a particular thing or activity.

WHEN YOU FOCUS YOUR MIND, IT HELPS TO DIRECT YOUR ENERGIES AND BRING THEM TO BEAR ON A PARTICULAR THING.

So Jesus shows us how to love the Lord with all our might or strength by focusing our minds on Him.

Let's look at a few other scriptures that throw more light on this.

1 Chronicles 22:19:

"Now set your heart and your soul to seek the LORD your God; arise therefore, and build ye the sanctuary of the LORD God, to bring the ark of the covenant of the LORD, and the holy vessels of God, into the house that is to be built to the name of the LORD."

David, the king of Israel, had become an old man, and seeing that his days on earth were numbered, he installed his son Solomon as king, and gave him this important instruction for his life: "Set your heart and soul to seek the Lord your God."

This is how you bear that commandment in Deuteronomy 6:5—it's by setting your heart and soul to seek the Lord.

Remember, with your mind you create, recall, review, and process images for meaning, reasoning, language, and expression. So David was spot on when he said to his son, "Set your heart and soul to seek the Lord your God."

See how he puts the same point to Solomon in another verse:

"And thou, Solomon my son, know thou the God of thy father, and serve

him with a perfect heart and with a willing mind: for the LORD searcheth all hearts, and understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever" (1 Chronicles 28:9)

How do you seek the Lord? By setting your mind on Him. You seek Him, not because He's missing and you're trying to find Him, but because you want to focus your heart, your mind, and your affections on Him.

Romans 8:5 also says the same thing:

"For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit."

Those who are after the flesh set their minds on things of the flesh (carnal, worldly things), but if you're

after God, you'll set your mind on Him and godly things.

You're In Control of Your Mind!

Setting your mind on something or someone presupposes that you're in control of your mind. Now that's one of the most profound truths you'll ever read or hear about your mind. Your mind is under your control, and you've got to acknowledge this truth, accept it, endorse it, and act like it!

YOUR SPIRIT HAS THE CAPACITY TO CONTROL YOUR MIND

Let's look at Romans 8:5-6 again, this time from the New King James Version. It says,

> **"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the**

Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace."

This means setting your mind on the ordinary plane of life—on fleshy, worldly things—produces death. But if it's peace you want, then be spiritually-minded. In other words, when you focus your mind on spiritual things, you'll have life and peace.

Your spirit has the capacity to control your mind. Paul lets us understand that we can control our minds from our spirits. You can decide that you want to set your mind on the things of God, and control your spiritual senses to conform to that decision. That decision is made by your spirit with his instrument of the soul (the seat of your mind, will and emotions); he decides what he wants to think about and sets his mind on it and starts thinking about it.

Set Your Mind on the Word

Now you ask, "How do I set my mind on the Lord and on spiritual things?" You do that by setting your mind on the Word of God! The Word shows you what spiritual things are and delivers them to you. That's because God's Word is Light (John 1:1; John 1:5), and light defines and reveals (Ephesians 5:13).

If you turned off all the lights in the room you're in right now, you won't be able to see anything with your natural eyes, because they require light to see. Your spiritual eyes also need God's light—His Word—to show you what spiritual things from Him are.

When I talk about setting your mind on "spiritual things," I'm not referring to every spiritual thing, because satan and his demons are spirits, and they also have their spiritual things. There are people who are spiritually-minded in that negative direction, but that's not what God wants you to do. The context here is "spiritual things toward God." So, Paul is not just telling

you to be spiritually-minded, but to be spiritually-minded toward God.

5 THE CARNAL MIND VS. THE SPIRITUAL MIND

We just read in Romans 8:5 that those who are after the Spirit set their minds on spiritual things. That's what you're doing by reading this book. Your attention is on spiritual things concerning God, His Son Jesus Christ, the Holy Spirit, and the Kingdom of God. That's why you're giving time, attention, and effort to study such an important material as this.

Now, there are Christians who wouldn't be interested in this or any other kind of spiritual pursuit. They'd rather set their minds and attention on worldly things that are more appealing to the flesh. But Paul sounds a strong note of warning to such folks; he says in **Romans 8:6**,

"For to be carnally minded is death;"

The carnal mind is the mind that has been trained to only recognise, appreciate, and desire worldly (sensual) things that have no spiritual benefits. It's concerned only with things of this earth, the gratification of the senses, and indulgence of the appetites, being devoted to this world and its pursuits rather than to spiritual affairs.

Paul, by the Spirit, warns that those who set their minds (by attention and affection) on carnal things programme themselves for spiritual death, and he tells us why: **"Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be" (Romans 8:7).**

All that the carnal mind thinks about is worldly things and how to please itself; it doesn't think about the spiritual things of God in Christ, or things that please God. The Word declares that such a mind is in enmity against God, because it's not and cannot be subject to the law of God. And the reason for that is simple: it isn't controlled by the Spirit, but by the flesh or senses.

Paul goes on to deliver a thought-provoking point in **Romans 8:8:**

> **"So then they that are in the flesh cannot please God."**

How do you live your life? Do you live according to your senses and the things that appeal to your outward man? If you live that way, you can't please God. Paul, however, doesn't end his argument there; he follows up that grave submission with a vital and reassuring conclusion:

> **"But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his" (Romans 8:9).**

If you're born again, your spirit is alive to God. You're not in the flesh but in the spirit, because God's Spirit dwells in you. So you're not going to live in the flesh, but you'll remain alive in Christ with the life He's

given you, praise God!

You Have A Sound Mind

In learning to use your mind right, you've got to be conscious of the truth that you have a sound mind. In **2 Timothy 1:7**, Paul said:

> **"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."**

Imagine if all your years growing up, your parents always told you that you had a sound mind, instead of telling you that you were a pig-headed, good-for-nothing. Imagine that whenever you did something wrong or messed up, they corrected you in love, and told you not to act that way, because you have a sound mind. Just imagine what that would have done for your confidence and self-image growing up.

Well, it's not too late. You can start today and

begin to tell yourself you have a sound mind. Just keep declaring, "My mind is sharp, and I'm sound. I'm super-intelligent and excellent." When you talk like this, people would say you're proud and braggadocious, but don't let that stop you. God has not given you the spirit of fear, but of power, and of love, and of a sound mind. This means you're powerful, loving, and mentally sound. When you put those three qualities—power, love, and a sound mind—together, the result is excellence. You're excellent!

Some people are powerful but not loving; some are loving but not sound. But that's not you; you've got all three; you're complete! You've got a sound mind, and you've got to use it to transform your life and your world.

6 THE POWER OF THOUGHTS

You must have observed that we've been talking a lot about thoughts. That's because there can't be any meaningful discourse on the mind without constant reference to the material with which it functions—thoughts.

In the second chapter, I defined thought as the creation, recalling, reviewing, and processing of images, for meaning, reason, language, and expression.

Now as we delve further into the subject, you'll see that thoughts are **pictures of the mind with constructive or destructive possibilities, functioning with or within human emotions.** In other words, they have the ability to influence your emotions. Sometimes they are imaginations, but they're more than that. Thoughts are conscious, mental constructions of your

mind based on imaginations, information, or stimuli.

Thoughts, therefore, are a stream of images that create meaning. You can't think without meaning; if you do, it just means you're not thinking. Real thinking is creating or setting one's mind on a stream of images that create or have a meaning, and thus give a message.

THOUGHTS ARE PICTURES OF THE MIND THAT HAVE CONSTRUCTIVE OR DESTRUCTIVE POSSIBILITIES, ENERGETIC FORCES THAT HAVE POWER WITH HUMAN EMOTIONS.

A man's thoughts, if wrongly employed, can keep him in bondage and clog the wheels of his success and progress. On the other hand, he can experience glorious liberty as a result of his thoughts. That's why the Bible in Philippians 4:8 counsels us to choose and think the right thoughts only.

Many times we underestimate the power and possibilities of our thoughts. Until you change your thinking, you can't change your life; you can't change

your state, and therefore, can't change your estate. Your life will always go in the direction of your thoughts. Your life will never be different from the character of your thoughts.

You're a reflection of your thoughts. Your life is the outward manifestation of the inner workings of your mind. That's why understanding the importance of your thoughts and how to use them rightly is very vital.

Where Do Your Thoughts Come From?

By now, I trust that you must have understood the latent power of your mind and the importance of cultivating your thinking processes and creating the right pictures about everything that concerns you. I'm certain that you also now know how to effectively channel your thoughts in the way that God wants you to.

However, you mustn't be ignorant of the fact that there's an adversary (the devil) out there who's

YOU'RE A REFLECTION OF YOUR THOUGHTS. YOUR LIFE IS THE OUTWARD MANIFESTATION OF THE INNER WORKINGS OF YOUR MIND.

constantly devising tricks to rob you of God's blessings. The Bible describes him as mimicking a roaring lion that prowls around, seeking whom he may devour (1 Peter 5:8). And one of the ways the'll try to sway you is by planting all kinds of wrong thoughts and pictures in your mind. He will try to mislead you into believing damaging thoughts that can put you in bondage. That's why, before you accept and dwell on any information that comes to you, you must first discern its source so you don't allow the wrong stuff get into your spirit.

You need to know how to distinguish the thoughts that come to you, because if you're not mindful of where the thoughts you process emanate from and examine them with God's Word, they could lead you astray.

Understanding The Different Sources Of Your Thoughts

1. Your Own Reasoning:

These are thoughts that emanate from you based on the information you've acquired. Such information, a lot of times, is conditioned by the happenings in your environment: what you've studied in school, read in the newspapers, listened to on radio, seen on TV, browsed on the Internet, or heard from someone else.

2. From God:

Thoughts can also come to you from God. God, sometimes, communicates His thoughts to you through your mind, which is the doorway to your spirit.

3. From Satan:

Evil or negative information, opinions and suggestions, if allowed, can be thrown to your mind by the devil. And all the thoughts he brings are to pollute

your mind, blind you from God's truth, and rob you of the glorious life you ought to be enjoying. This is mostly done through imagination, pictures, and inaudible voices (2 Corinthians 4:4).

EVERY THOUGHT THAT MAKES YOU RESENT OR DESPISE PEOPLE, OR MAKES YOU WORK AGAINST THE PURPOSES OF GOD IS FROM THE DEVIL, NOT FROM YOU.

You may wonder, "How then can I distinguish the thoughts that come to me?" How can I know the thoughts I should or shouldn't accept? It's simple.

If you're born again, the Bible says you have the mind of Christ: "*For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ"* (1 Corinthians 2:16). Though you had a certain way of thinking before, now that you're God's child, your mind has been enabled and empowered to think like Him.

Before the new creation came, God said, *"For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord"* (Isaiah 55:8). But now that

you're born again, you have His life now; you're now a partaker of His divine nature. (2 Peter 1:4), glory to God! There's only one way of thinking and you're in that way now—in Christ.

Jesus said, *"I am the way, the truth, and the life"* (John 14:6). So every thought that is good for God and good for people is from heaven, and God's heaven is operational in your heart. Every thought that makes you resent or despise someone else, or makes you work against the purposes of God, is from the devil, not from you. When you find yourself thinking thoughts that frustrate or contradict God's plans for you, or for the Church, which is His Body, understand that they're not from you or God, but the devil. When such thoughts come to you, immediately discern and reject them.

Your thoughts are basically from the Lord's standpoint. He has declared you good, and so evil, unhealthy, or negative thoughts can't emanate from you.

You're Responsible For Your Thoughts

Scripture records in **Genesis 6:5** that God looked at man's life, the way he lived, and how he related with his fellow man, and

> **"...GOD saw that the wickedness of man was great in the earth, and that every IMAGINATION of the THOUGHTS of his HEART was only evil continually" (Genesis 6:5)**

"Imagination" is the word I want you to notice here. Some versions render it as "inclination." In other words, "every inclination of the thoughts of man's heart was only evil continually." This means man was constantly inclined to thinking and imagining evil. Wickedness was in his heart continually. So the Lord said, *"...I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air; for it repenteth me that I have made them"* (Genesis 6:7).

God held man responsible for his thoughts. Otherwise, He wouldn't have pronounced this judgment upon him.

Some folks say, "Well, you know, these negative thoughts just come to my mind; I don't know how they come." Well, God holds you responsible for processing such thoughts.

Remember we defined "thought" as the creation, recalling, reviewing, and processing of images for meaning. Creating, recalling, reviewing, and processing are all up to you. It's up to you to process or not to process the images that you get. If you don't process them to have a meaning, they can't give you a meaning by themselves. You've got to give them a meaning, just as those disciples in Luke 24:37 gave ghosts a meaning (recall the narrative in Chapter 2).

They'd never seen anyone attacked or destroyed by a ghost, but they'd heard stories, and the fear of ghosts had become registered in their minds. So when

they saw Jesus—the Healer of the broken hearted, the Kindness of God, the Expression of the love of God—they were afraid of Him, because they thought He was a ghost.

Just imagine that Jesus hadn't said anything to them to allay their fears? Think what would have happened if He had frowned at them. Maybe they would have passed out or even died from fear. Then the news would have gone around that a ghost killed them, when, in reality, they died of fear.

So with our minds we give meaning, interpretation, and reason to the images we receive and process. You can give reason to whatever you create in your mind, and also give it a language for expression.

Change Your Way of Thinking

I just told you that God holds you responsible for your thoughts. **Jeremiah 17:9** says,

"The heart is deceitful above all things,

and desperately wicked: who can know it?"

Until a man is born again, this is the description of the state of his inward man. No wonder Jesus said you must be born again, because the natural man's heart is desperately wicked.

Isaiah 55:7 also says,

"Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon."

These all show that God holds every man, even the unrighteous and unsaved, responsible for his thoughts. What then should the unrighteous do about his state, since, according to Jeremiah 17:9 and Genesis 6:5-6, his heart is desperately wicked and his thoughts are only evil continually? Jesus gives us the answer in John

3:3. He says he must be re-created; he must be born again and receive a new nature and a new heart.

But the question of his negative, evil thoughts still remains, even after he instantly receives a new heart by the miracle of salvation. And God still holds him responsible for his thoughts, in spite of his new nature. That's why Isaiah 55:7 says, *"Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon."* In other words, change your way of thinking. The Lord holds you responsible for your thoughts, and He expects you to change your way of thinking to conform with His Word.

Your Thoughts Affect Things Around You

Did you know that your thoughts can also affect things around you? That's because thoughts release

signals, and those signals can be received by things around you and people connected to you.

You've probably had this experience where you were thinking about someone and that person suddenly showed up, or called you, or sent you a message. Or maybe you were thinking about a particular thing and even though you hadn't said anything about it to anyone, someone near you started thinking the same thing and actually voiced that thought. Science calls it telepathy: *a transference of thought from one mind to another by extrasensory means*. But if you understand the spirituality behind the science, you'll become ever more careful about the thoughts you allow.

I don't allow just any thought in my mind. If I don't want to create certain thoughts in someone near me, I won't think them, because I know I can transmit those thoughts.

We all transmit thoughts, and sometimes we inadvertently transmit negative thoughts into our

environment that cause it to turn on us and attack us. Did you know, for instance, that your room has thoughts from you? The walls, furniture, clothing, etc., in your room are made from materials that have memory and can receive and retain information from you, and whatever they've gotten from you can remain in them. That's why you've got to be careful the kinds of thoughts you let run through your mind, so you don't make something happen that you don't want.

"Fear Not"

Why do you think the Lord so often tells us, "Fear not"? It's because if you allow thoughts of fear, they'll affect your mind and stop the power of God from flowing in your direction.

You're going to have to discipline your mind so you can use it correctly. Start learning to think happy thoughts. Practise it until you become good at it, such that whenever negative thoughts of discomfort,

frustration, anger, annoyance, bitterness, etc., come to you, you can easily say no to them and change your mind.

Change your thinking; start by saying the right things, uttering words of gratitude, and singing songs of praise to God.

This is how you can use your mind to cause good things to flow in your direction and stop the wrong, negative, or evil things from happening around you.

7 PULLING DOWN STRONGHOLDS

We're At War!

One of the critical points we've established from our discourse so far is that our words and actions are guided by our predominant thoughts. Now, if you don't arrest and control your thoughts, you'll find yourself saying and doing terrible things you never dreamed you could say or do. That's because there's a constant assault of the devil against your mind. He's always seeking to attack and pollute your mind, so he can render you helpless and ineffective in the things of the spirit.

Scripture shows us that we're engaged in an on-going spiritual warfare:

"for though we walk in the flesh, we

do not war after the flesh..."

(2 Corinthians 10:3).

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places" (Ephesians 6:12).

But it also lets us know we've been equipped with divine weaponry that assures our victory:

"(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"

(2 Corinthians 10:4-5).

You'll observe that Paul, here, was speaking about things that go on (or reside) in the mind—strongholds, imaginations, thoughts, and "every high thing," indicating that our minds are the battlefield of that spiritual warfare.

Strongholds, Imaginations, Thoughts, and "Every High Thing"

"Strongholds," in the context in which it's used in 2 Corinthians 10:4, isn't talking about a fortified physical structure or some external force the devil stirs up against you. It's referring to ideas, theories, imaginations, reasonings, beliefs, etc., contrary to God's Word that attack and capture people's minds, causing them to think, act, and respond in a certain way and, consequently, holding them back

STRONGHOLDS ARE MENTAL WALLS OF CONTAINMENT THAT PREVENT PEOPLE FROM ADVANCING IN THE THINGS OF GOD

from enjoying their inheritance in Christ.

Strongholds can also be thoughts that have been established in your mind as a result of your background and the way you were brought up to think. They're formed as the results of the things you've seen, heard, and experienced, and the habits and character you formed before or even after you were born again. They could also be cultural and traditional beliefs that may even be recognised and accepted as societal norms. But all they do is prevent new thoughts from God from entering your mind.

In essence, **strongholds are mental walls of containment that prevent people from advancing in the things of God.**

For example, someone thinks, "I'm never going to succeed," because his grandfather and his father before him were failures. Another one says, "Every time something good is about to happen to me, all hell breaks loose and I miss my opportunity," because that

used to be his experience. These are strongholds!

Paul also talked about "every high thing":

> **Casting down imaginations, and <u>every high thing</u> that exalteth itself against the knowledge of God..." (2 Corinthians 10:5).**

This refers to falsely exalted systems of ethics, religion, philosophy, etc., set forth by men to oppose and defy the knowledge of God. These are vain, unfounded opinions, dogmas, mind-sets, biases, superstitions, and beliefs that have become mental barriers erected in people's minds against the knowledge of God.

But thanks be unto God who has fortified us with an impregnable armour and made us invulnerable to these satanic onslaughts against the mind. The Word shows us we've been equipped with weapons that are mighty through God to pull down every thought and cast down every imagination presented to us by the

devil, to bring down every high thing that exalts itself above the knowledge of God, and to take captive every thought to obey Christ (the Word). We're able, with our weapons, to set men free who are held in bondage through these satanic manipulations, Hallelujah!

The Armour Of God

We've established that we're engaged in a conflict with satanic forces (whether or not we like it or are aware of it). And since it's a spiritual warfare, we can only engage the enemy, using spiritual weaponry (2 Corinthians 10:4).

In **Ephesians 6:13-17**, Paul itemises the different parts of our formidable and impregnable armour.

> **"Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with**

truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:"

So here's what our armour consists of:

1. **The belt of truth**
2. **The breastplate of righteousness**
3. **The boots of preparedness of the gospel**
4. **The shield of faith**
5. **The helmet of salvation**, and
6. **The sword of the Spirit**

Looking closely at each of these weapons, you'll observe that only one—the sword of the Spirit—is an offensive weapon; all the others are for defense against

attacks.

Now, the rendering of the 16th verse in the KJV may be a little misleading. It says, *"Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked,"* and it seems to suggest that the shield of faith is the final and most important item of the Christian's armour. An enlightening commentary by W. J. Conybeare argues that had this been the case, the shield of faith would have been listed last, but Paul went on to mention two more items of the armour after the shield of faith.

So instead of "above all," Conybeare says, *"...***take up** *to cover you the shield of faith, wherewith you shall be able to quench all the fiery darts of the Evil One"* (Ephesians 6:16).

The Amplified Bible renders it thus: *"Lift up over all the [covering] shield of saving faith, upon which you can quench all the flaming missiles of the wicked [one]."*

In this teaching about the Christian's armour, Paul draws an interesting parallel with the Roman soldier's armour. The Greek word translated "shield" here is "thureos," and it is used specifically of the shield wielded by the heavily-armed Roman infantry. It was a large, four by two-and-a-half feet, oblong shield, and not the comparatively small, round one. One of the most dangerous weapons in ancient warfare was the fiery dart—an arrow tipped with tow dipped in pitch. The pitch-soaked tow was set alight and the flaming arrow launched at the enemy. To combat this, the Roman soldier, fully covered under or behind his shield, presented it to the arrow, which was quenched upon sinking into the shield.

Paul here was saying that your shield of faith should be big and strong enough to protect and defend every part of you, such that the fiery darts of the evil one wouldn't get through to any other part of your armour in the first place!

So take up your shield of faith to cover you completely, and quench all the fiery darts of the wicked one. These fiery darts are thoughts the devil fires at people's minds, and they've destroyed lives and families, ruined businesses, caused wars, and ravaged nations. But with your shield of faith, you can and should quench every single dart the enemy fires at you.

Overthrowing The Reasonings Of The Disputer

2 Corinthians 10:3 says,

> **"For the weapons which I wield are not of fleshly weakness, but mighty in the strength of God to overthrow the strongholds of the adversaries. Thereby can I overthrow the reasonings of the disputer, and pull down all lofty bulwarks that raise**

themselves against the knowledge of God, and bring every rebellious thought into captivity and subjection to Christ" (Conybeare).

What do you use to overthrow the strongholds of the adversary? The sword of the Spirit—the Word of God! Remember, this is the only offensive weapon in our arsenal. As you meditate on, mutter, and speak God's Word, those mental barriers based on the wrong things you've heard and believed all your life come crashing down like the walls of Jericho, glory to God!

This is why I love to teach and preach the Word, because as I do, the wrong ideas and theories in the minds of men that they've lived with for so long, and the ungodly cultures and traditions that they've built their lives and societies upon come tumbling down; those things can't stand the power of God's Word!

How about the reasonings of the disputer? You overthrow those as well with the sword of the Spirit. Satan is the disputer of God's Word. When God instructed Adam not to eat of the tree of the knowledge of good and evil, satan (in the form of a serpent) went to Eve in the garden and questioned God's Word, and she was deceived (Genesis 3:1-6). He still operates the same way today.

For example, the Word declares that by Jesus' stripes, you were healed (1 Peter 2:24), but the devil will tell you, "Come on, do you think you were really healed? If you were, then why do you still feel the pain?"

You see, he'll challenge what God has said and try to cheat you out of your blessings through his negative reasonings and suggestions. But you can overthrow them all with the sword of the Spirit, and as Conybeare's translation of Ephesians 6:13 says, *"... having overthrown them all...stand unshaken."* So hold

your ground and stand firm against the devil as you declare God's Word and lay claim to your inheritance in Christ.

With your armour in place, nothing the devil throws at you can penetrate. And with the sword of the Spirit, you can go on the offensive against him and tear down his strongholds. Glory to God!

8 DEALING WITH NEGATIVE THOUGHTS AND EMOTIONS

In our definition of the mind, we said it is responsible for processing feelings and emotions. This refers more particularly to different degrees of affection, disaffection, and passion. You can be more or less affectionate toward someone or something. So there can be affection or disaffection. You can also be passionate for or against. These are all products of the mind.

Don't Manufacture Worry and Pain

Nehemiah 8:10:

"Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our

Lord: neither be ye sorry; for the joy of the LORD is your strength."

The part of this I want you to observe is where he says, *"Neither be ye sorry; for the joy of the LORD is your strength."* The expression, "Neither be ye sorry," isn't properly rendered in the KJV. In the Hebrew text, the word translated "sorry" is "awtsab," and it means "to carve, fabricate, or fashion worry, pain, anger, displeasure, grief, hurt." So Nehemiah was telling Israel, in essence, "Don't process, fabricate or manufacture these negative feelings and emotions of worry, pain, anger, displeasure, grief, or hurt, because the joy of the Lord is your strength."

Nehemiah had a focus here; he was looking at them being strong and not weak, successful and not failing, prosperous and not lacking. So he told them not to manufacture worry or pain, because those things would bring them down and destroy them.

The joy of the Lord is your strength, and God wants you to be strong in the strength He's made available to you. Otherwise, He can't use you. Remember what He said to Joshua, "Be strong and very courageous" (Joshua 1:7), and now Nehemiah tells us that strength is in the joy of the Lord.

IF SATAN WANTS YOU TO DISPLEASE GOD, HE'LL GO AFTER YOUR JOY.

This is why if satan wants you to displease God, he'll go after your joy; he'll try to stop you from being joyful and cause you to blame everybody around you for your bad feelings and emotions. If he succeeds, you'll find that you're constantly angry and upset, because someone somewhere is always offending you, hurting you, or annoying you. Then you develop an "attitude." But what's really happening is that you're becoming weaker spiritually, because you've allowed satan steal the joy of the Lord that should have been your strength.

If the Lord says, don't create, fabricate, process, or manufacture pain, displeasure, grief, and worry, He's letting you know that unless you reproduce or process them in your mind, they have no influence or power over you.

YOU'RE A MANIFESTOR OF GOD'S RIGHTEOUSNESS, A REVEALER OF HIS LIGHT, A DISPENSER OF HIS GOODNESS... DON'T LET SATAN'S CHARACTER SHOW ITSELF THROUGH YOU.

God said to Joshua, *"I am with you, wherever you go. I will not fail nor forsake you. As I was with Moses, so I'll be with you, and no man shall be able to stand against you all the days of your life. But this one thing I require of you—be strong and very courageous"* (Joshua 1:5-7).

Like Joshua, the Lord is asking you to be strong and very courageous. But how are you going to be strong? This strength comes from the joy of the Lord, and that joy is expressed in singing, laughter, dancing, words of praise, and the loving harmony you have with your brothers and sisters in the Lord, as you speak positive,

uplifting, and encouraging words to them. Refuse to dwell on pain, displeasure, worry, and all such negative feelings and emotions.

Don't Set Your Mind On Failure

Don't set your mind on failure or on those who are trying to make trouble with you. Don't set your mind on their negative, hurtful, or hateful words. You're born of God, and you have His nature. You've been created in His image, so think and act like Him.

You're a child of God, a manifestor of His righteousness (2 Corinthians 5:20), a revealer of His light, and a dispenser of His goodness. So don't give vent to any negative thing; don't let satan's character show itself through you.

There may be someone you've declared persona non grata and decided to never talk to again because of something wrong they did to you. But such an attitude is contrary to God's nature. In our Kingdom, we don't

make enemies; they may declare us their enemies, but we only make friends.

The Bible says, *"God commendeth His love towards us, in that, while we were yet sinners, Christ died for us"* (Romans 5:8). Be Christ-like in your attitude. Don't wait for the offender to apologise before you forgive and talk to him again. Act like God instead, Who extends His love to sinners even when they don't recognise Him. Extend your love (attention and care) to others, even if they despise and disrespect you. Give vent to the righteousness of God in your spirit, and you'll always be happy.

Respond Spiritually, Not Emotionally

People around you may be responding negatively emotionally, but you've got to learn to respond from your spirit. God wants His Word in your spirit, and to control your mind as well. That's why Paul tells us by the Spirit, *"Be renewed in the spirit (or character) of*

your mind" (Ephesians 4:23).

We've learnt from Romans 12:2 how to transform our lives with our minds: *"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*

As a young Christian, this was one of the first verses I was taught and I memorised growing up in church. It says it's your responsibility to renew your mind. Also notice that it doesn't just stop at telling you to be transformed by the renewing of your mind. It goes further to let you know that in renewing your mind, you will prove what is that good, and acceptable, and perfect will of God.

Read this scripture slowly to yourself and meditate on it. It's God's Word, and it's designed to produce results in your life.

Let Only The Best In You Come Forth

If you ever surprise yourself by expressing any negative emotion or attitude, repent and correct yourself quickly. Say, "Father, I didn't know I could get impatient like this. From today, I reject impatience in Jesus' Name." If, instead of responding in love, you find yourself respond with hatred, anger, or bitterness, you say, "Father, in the Name of the Lord Jesus, I reject this. It will not have power over me."

Don't let anything or anyone produce the worst in you. Don't find yourself manifesting such ungodly attributes. Refuse to let your life be a vent for satanic expressions. That's why I like that song that says,

"Satan has no authority here in this place,
he has no authority here,
for this habitation was fashioned for the Lord's presence,
no authority here."

This is one of those songs that you sing and they help your life go in the right direction. You're the Lord's habitation, fashioned for His presence. Therefore, satan has no authority in any part of your life.

If you ever notice anger trying to boil over in you, you say, "No! I'm full of love!" Then you address the anger: "Anger, you have no authority in my heart, for I'm the Lord's habitation, fashioned for His presence!" When you do that, the love of God will well up and fill your heart, glory to God!

9 "TAKE NO THOUGHT"

In his letter to the Philippian church, Paul the Apostle let us in on one of the unique blessings and benefits of mind management; he wrote:

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6-7).

The word "careful" is translated from the Greek word "Merimnao," and it means "to take thought" or "to be anxious about." That's why the New King

James Version and several other translations render Philippians 4:6 as *"Be anxious for nothing."* The Amplified Bible translation of the same verse says, *"Do not fret or have any anxiety about anything..."*

Thoughts come to us all the time. Your mind (and mental receptacle system) may be processing myriads of thought-signals coming through it even now as you read this book. You could be thinking about an extensive range of subjects and things: yesterday's events, tomorrow's plans, pending office work, a business transaction, your spouse's birthday, your kids' soccer practice, a dream you had, etc.

There can be a barrage of thoughts bombarding your mind at any point in time, but you ultimately decide and choose the one you want to dwell on. When you take a thought and ruminate on it, there's no telling what it'll do to and in you.

"To take thought" means to center your mind on something in such a way as to become concerned.

Many times it refers to taking a thought that draws us away from what should be our focus. That's why we're admonished here not to take the thought that distracts and pulls us away from the Word and the peace it brings to our hearts and minds.

The Lord Jesus gave us the same charge in **Matthew 6:25-27**:

> **"Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature?"**

Notice the phrase "take no thought"; it's from the same Greek word "Merimnao" rendered as "be careful" in Philippians 4:6. The Lord Jesus asked them, "How many of you have increased in size or added to your years since you started taking thought?" He was letting them know, "You don't get better by worrying."

Let's read on:

> **"And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we**

drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:)...” (Matthew 6:28-32).

These are the things people of the world are concerned about and run after. Their whole existence is about what they’re going to eat, or drink, or wear, or drive, or spend, etc. They’re concerned about having all these things just so they can be happy in this world. But the Lord Jesus charges us not to be like them, and He lets us know why. He says,

“...for your heavenly Father knoweth that ye have need of all these things” (Matthew 6:32).

In other words, “Don’t worry about these things, because your Father knows you need them. Be like the

“TO TAKE THOUGHT” MEANS TO CENTER YOUR MIND ON SOMETHING IN SUCH A WAY AS TO BECOME CONCERNED.

birds of the air who "take no thought" for their meals and yet are constantly fed by your heavenly Father.

Then, in the next verse, He shows us what to give our attention to:

> **"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:33).**

This is the first and most important thing you should be concerned with: to see God's Kingdom established and His righteousness manifested in your world. Don't be fixated on establishing your comfort, satisfaction, enjoyment, and happiness; let God's Kingdom be your focus instead. This should be your constant contemplation. Jeremiah said, "Let Jerusalem *(symbolic of God's Kingdom and His rule)* come to your mind" (Jeremiah 51:50). Let spiritual things of the Kingdom be uppermost on your mind.

Think Spiritually, Not Carnally

There are Christians who don't think spiritually but carnally all the time. They think only about their money, fame, position, and earthly connections; they're always concerned about how they're perceived by others. T.L. Osborn said those who are concerned about what people think about them are the slaves of the last people they talked to. How true! Such people are weighed down by the burden of trying to please others. Don't strive to look good before others; be desirous to please the Lord instead.

DON'T STRIVE TO LOOK GOOD BEFORE OTHERS; BE CONCERNED ABOUT CHRIST INSTEAD.

So be careful for nothing, but in everything by prayer and supplication with thanksgiving, let your request be made known unto God. Just tell Him what you want; He's big enough, and He knows everything about your life and the future. When this becomes your mindset, you'll understand that there's no use

worrying about anything, praise God!

A Spiritual Principle And A Guaranteed Outcome

There's something about that admonition in **Philippians 4:6-7** I want you to notice; it comes with a promise:

> **"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."**

It says the peace of God, which surpasses all understanding, will mount guard over your heart and mind. This is a spiritual principle with a guaranteed

outcome every time you put it to work. Understand that just as there are physical laws of gravity, electricity, mechanics, magnetism, and the like, there are also spiritual laws. And when you understand spiritual laws and act upon them, they'll produce results just as surely as the physical laws.

The principle here is that when you take no thought, but instead present your requests to the Lord in prayer and supplication with thanksgiving, the result is the peace of God protecting your heart and mind.

God's Word is God's wisdom; it's His thought clothed in vocabulary. When you learn to think God's thoughts by thinking His Word, then you come to the place where you live the supernatural life effortlessly. Now you can understand why Jesus says to us, "Take no thought." It's because, no matter what happens, there are spiritual laws to put you over. Even when trouble strikes and you feel pressured in your mind, you say, "No, I refuse to be concerned or anxious, in

the Name of Jesus! I declare and I confess that I am a success, glory to God!"

A heart and mind that's full of peace and devoid of anxiety is one of the great benefits of managing your mind the way God's Word shows you to.

10 ATTITUDE— YOUR MENTAL DISPOSITION

In the preceding chapters, we defined "the mind," "thought," and "the brain," and in discussing the brain, I emphasised how it works with the mind to give an individual his or her character.

It is my hope and belief that you've learned something that has been beneficial to you from what you've read thus far.

Now, we'll look at another key word from the definition of the mind, which is the word "Attitude."

Remember, the mind is the faculty of man's reasoning and thoughts. It holds the power of imagination, recognition, and appreciation, and it's responsible for processing feelings and emotions, resulting in attitude.

We've just discussed the processing of feelings and emotions. Now, we'll look at the result of that processing—ATTITUDE.

> **Attitude is the disposition to act in ways determined by the mental processes of our feelings, emotions, beliefs or reasoning.**

This means you're responsible for your attitude—the way you act, pose, walk, talk, respond, etc.

Man's Information-Processing Center

By now you must have understood that the mind is the information-processing centre of the human person. In our definition of the brain, we said it is the primary center for the regulation and control of bodily activities, receiving and interpreting sensory impulses and transmitting information to the muscles and body organs.

I want you to hold that definition of the brain as we delve further into the study of the mind, and you'll discover that they do very similar things, except that one is spiritual while the other is physical.

> **The mind is the information-processing centre of the human person. It collects and processes all the information received through the nervous system of the outward man and through the spiritual senses of the inward man (human spirit and soul). The processing and eventual interpretation of information by the mind determines human behavior or attitude.**

This is the reason for your attitude, positive or negative. It all comes from your mind and how you process the information you receive.

You may not always be responsible for how

information comes to you, but you're certainly responsible for what you do with it, that is, how you process and act on it. And that's what matters.

So how do you process the information that comes to you? Today, we talk about crude oil, gold, diamond, and all kinds of precious substances beneath the earth, and all the beautiful things that come from processing them. But do you know there are nations walking on oil, gold, and diamond today that get nothing from them, because they don't know how to process them?

YOU MAY NOT ALWAYS BE RESPONSIBLE FOR HOW INFORMATION COMES TO YOU, BUT YOU'RE CERTAINLY RESPONSIBLE FOR WHAT YOU DO WITH IT

It's the same thing with the mind. If you don't learn how to process your thoughts and mine the rich deposits of your inward man, you'll get nothing from it, and it'll reflect in the quality of your life. You must make the very important choice to get the best out of your spirit, through the diligent management of your mind.

An Exciting Reality

The exciting reality of the mind is that its contents and processes can be managed. This means they can be reorganised and re-programmed.

When you were born again, you were born after God, with His very life and nature in you. This means that you have an excellent spirit, for *"he that is joined unto the Lord is one spirit"* (1 Corinthians 6:17). However, having an excellent spirit doesn't necessarily mean you're walking in excellence. But you can walk in excellence, and that's the reason for the message in this book.

You see, the best and most excellent things of your spirit are expressed through your mind. Let's read some scriptures in connection with this.

Proverbs 4:23 says:

> **"Keep thy heart with all diligence; for out of it are the issues of life."**

The same verse from the NIV reads thus:

> **"Above all else, guard your heart, for it is the wellspring of life."**

Keep or guard your heart with all diligence—above all else and with everything you've got—because it's the wellspring of life.

THE EXCITING REALITY OF THE MIND IS THAT ITS CONTENTS AND PROCESSES CAN BE MANAGED.

Now, remember that your mind is the door to your heart, so if you're to guard your heart, where better to start from than your mind! That's what this scripture here is telling you—to mount guard over your mind, your thoughts, and your thinking process.

Then it says in verses 24-25,

> **"Put away perversity from your mouth; keep corrupt talk far from your lips. Let your eyes look straight ahead, fix your gaze directly before**

you."

"Perversity" here refers to deviation. So, in other words, "Don't deviate in your speech or talk; instead, let your eyes look straight on.

When God has given you His Word about your life—your work, family, marriage, children, finances, or whatever it is—don't lose His direction. Don't say the wrong things or speak outside of what God has said concerning you. Speak His Word and look straight on. This is what Solomon was talking about when he said, "Refuse to deviate!"

How wonderful it is to know that the best things of our spirits are expressed through our minds!

Renewal Of The Mind

The first and most important aspect of preparing your mind to glorify God is its renewal. This is the first thing you must do in learning to use your mind right.

In **Romans 12:2,** the Bible says:

> **"Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude] so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]" (Amplified).**

You've got to have new ideals and attitudes, and be changed by the entire renewal of your mind. This is a complete overhauling of your mind, not just a change in some areas or aspects. And this doesn't just happen overnight; it's something you must do consciously and continually. In 2 Corinthians 4:16, Paul said his inward man was "renewed day by day." This is what should be

happening with you as well; your inward man should be changed, transformed, renewed day by day.

I told you the exciting thing about the mind is that its contents and processes can be managed, re-organised or re-programmed. This is exactly what Paul is talking about here when he says to renew your mind.

Your mind must be renewed in content and processes. This is a taxing but worthy exercise, and the only potent instrument to achieve this effectively is the Word of God.

Now let's look at two other key scriptures.

#1) **Colossians 3:9-10:**

> **"Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him:"**

This is talking about the renewal of the content of

your mind. Your mind must receive new knowledge to replace the sense-knowledge you used to have or the worldly wisdom you walked in regarding any subject. This new knowledge is the "epignosis" of the Spirit—a new knowledge of God.

Go for and receive new knowledge. Learn spiritual verities through the Word and the agency of the Holy Spirit. Let the Word of God dwell in you richly in all wisdom and spiritual understanding.

Observe in the foregoing, two important factors:

- **removing, discarding or deleting the old information.**
- **receiving new information and knowledge through the Word of God and the Holy Spirit.**

#2) **Ephesians 4:21-23**:

> **"If so be that ye have heard him, and have been taught by him, as the truth**

is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind;"

To be renewed in "the spirit of your mind" refers to being renewed in the "character or attitude" of your mind.

Look at the same scripture from *The Amplified Bible*; it says, **"...be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude],"**

The *New International Version* says, **"...be made new in the attitude of your minds;"**

This means there's a new processing, a new way of looking at things, a new perspective. Remember, it's the mental processing of your feelings and emotions that results in your attitude. So, for you to have a new

attitude, you've got to have a new way of processing your thoughts, feelings, and emotions through the power of the Holy Spirit and the Word of God. You've got to start seeing things from God's perspective. When you do, your attitude will change in consistency with your new way of processing thoughts.

11 SEE IT FIRST FROM WITHIN

Whatever you want to accomplish in life, you must see it first and take possession of it from within; that is, from your mind. For example, if you're to be a goalscoring and exceptional footballer, you must first picture yourself in possession of the ball, controlling it and dribbling your way towards your opponent's defense. You must see yourself approaching their goal, beating the goalkeeper and scoring your goals. You must see it, dream, and ruminate it before you get on the pitch; otherwise, it'll be difficult for you to excel.

ALWAYS BUILD IN YOUR MIND THE RIGHT PICTURES ABOUT WHAT YOU WANT IN LIFE

The same way, if you're a lawyer, you must see yourself addressing the court, with the judge, other

lawyers, and the entire courtroom spellbound as they watch and listen to you present your case. You must see and hear yourself making such irrefutable arguments before you get into the courtroom. It all starts from the images of your mind!

One of the beautiful things you can do for yourself as a Christian is to always build in your mind the right pictures about what you want in life. It pays when you activate your faith-eyes to see beyond your present horizon, and envision yourself living out the very best of what God has prepared for you in this world.

God never created us to suffer or live the average life where we're barely getting by. He created us to excel and flourish in all areas of our lives. However, until you begin to see yourself that way—living in abundance, perfect health, victory, and success—it'll be difficult for you to experience it. You must first envision yourself living in that realm, living God's dream.

Your Future Is History With God

Romans 4:17:

(As it is written, I have made thee a father of many nations,) *(He's talking about Abraham here)* **before him whom he believed, even God, who quickeneth the dead, and calleth those things which be not as though they were.**

Remember when God said to Abraham, *"...your name will no longer be Abram, but Abraham because I have made you a father of many nations"* (Genesis 17:5 GW). Well, at that time Abraham had no child, and it was naturally impossible for him to, because he was old and his wife was barren. So when God told him, "I've made you a father of many nations," He was calling things that be not as though they were. In other words, in the mind of God, Abraham's future was history!

God had changed the man's name to Abraham to reflect his new identity and align with the vision for his life, and as far as He was concerned, it was a foregone conclusion. God didn't need to do anything more to make it happen. It was Abraham who needed to discover and align his mind with God's idea and plan for his life.

Abraham accepted his new name and began to introduce himself as "Abraham—father of many nations." But the lingering question was: Where were the children? How was he going to connect with this vision of God for his life and lay hold of that which God had given him?

How kind and gracious our Lord is. He knew Abraham was having difficulty connecting with this vision, and since he had no one to teach him, God had mercy on him and taught him to put his faith and imaginative power to work.

See With The Eyes Of Your Mind

The Lord had taught Abraham a powerful principle about the power of his mind (imagination) in **Genesis 13:14-15:**

> **"...Lift up now thine eyes, and look from the place where thou art northward, and southward, and eastward, and westward: For all the land which thou seest, to thee will I give it, and to thy seed for ever."**

Watch this very closely and catch what God was teaching Abraham here. He said to him, "From where you are, look northward, southward, eastward and westward, and all the land that you see from that spot I'll give to you and your seed forever!"

God was telling Abraham to see, not with the limited sight his physical eyes offered, but with the infinite range of his mind's eye. That's why He told him to stay in one spot and see all the land from there. This

becomes even clearer as we read what God tells him in the next verse:

> **"Arise, walk through the land in the length of it and in the breadth of it; for I will give it unto thee" (Genesis 13:17).**

This is absolutely remarkable! God had told Abraham to stand in one place and look from there northward, southward, eastward, and westward, and all the land that he could see would be his and his seed's forever. Now he tells him to get up and walk through the length and breadth of all the land he could see!

Let's suppose for a moment that Abraham had looked with his physical eyes and seen all the stretch of land his eyes could possibly take in. Now God tells him to walk the length and breadth of all that land? It would have been practically impossible for Abraham to do that.

What God was simply saying to Abraham was this: "Son, see with your mind" And guess what? Abraham saw the whole world and took all of it; he left nothing out!

You'll see this when you read **Romans 4:13**:

> **"For the promise, that he should be THE HEIR OF THE WORLD, was not to Abraham, or to his seed, through the law, but through the righteousness of faith."**

Did you see that? God made Abraham a promise that He would give him everything he saw. Well, Abraham saw the whole world, and God fulfilled His end of the bargain and gave it all to him. That's how Abraham inherited the world!

But God had to show Abraham how to do it by using the power of his mind.

Help Your Vision

Now back to the question of how Abraham would connect with God's vision for him as "the father of many nations." Remember, God had taught him in Genesis 13:14-17 how to use his mind and visualise what he wanted. However, when it came to this issue of having an heir, Abraham just didn't seem able to see it.

IT'S IMPORTANT THAT YOU HELP YOUR VISION SO IT BECOMES CLEARER TO YOUR MIND.

Even though God had told him before this time, *"I will make thy seed as the dust of the earth: so that if a man can number the dust of the earth, then shall thy seed also be numbered"* (Genesis 13:16), Abraham didn't catch the vision or see the picture from that particular prophecy. God knew He needed something to help Abraham's vision, so one balmy night in the plain of Mamre, He told him to step outside his tent, look up in the sky and count the stars. Abraham looked up and started counting, but there were too many stars and he

couldn't number them.

Then God said to him, "So shall thy seed be," and in that instant, that moment of awakening, the Bible tells us Abraham believed. He believed because his mind had now formed the picture, and he could literally see tiny little faces in those stars twinkling back at him from the sky that night.

God helped Abraham's vision by telling him to look up at the stars in the sky and see if he could number them. It's important that you help your vision so it becomes clearer to your mind. And you can do that by focusing your mind on things that strengthen or enhance your vision.

The Three Realms of Vision

You have three means or channels of vision:

1. The eyes of your spirit

2. The eyes of your body

3. The eyes of your mind

1. The Eyes of Your Spirit

What the eyes of our spirit see is not under our control but God's. You can't say, "Right now, I want to see something in the spirit realm"; no, you won't, because seeing into that realm is God's work. It's up to Him to make something appear to your spirit or to open the eyes of your spirit to see into the spirit realm.

Understand that when God put you in the earth, He made your spirit to function through your outward man—your body. Every spirit requires a physical body to function in the earth; and while you're here, you can't choose to function by your spirit without your body. That'll make you illegal to the earth.

This is why everything you'd ever do directly from your spirit would have to be through the Holy Spirit, and He would manifest Himself to you and deal with you in that realm without your body. This means the eyes of your spirit can only see what God shows them. You can't put them to work by yourself. That's why

you've not yet seen some things you've always wished you could. It's because you simply couldn't "open your spirit-eyes" by yourself.

Ephesians 1:17-18:

> **"That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,"**

You'll also find in Acts 2:17 that *The Amplified Bible* calls visions "divinely granted appearances." You can, however, use your other two sets of eyes at will. God gave them to you for your choice operations, and it's up to you when and how you use them.

2. The Eyes of Your Body

The eyes of your body are your physical eyes in your head. You can choose to use them whenever you want. Simply open them and you can see what's around you.

However, the sight or vision you get through these eyes is limited. They can only see things that are already existent in the physical realm; they can't see the invisible. This is where the eyes of your mind become so important.

3. The Eyes of Your Mind

The eyes of your mind are your creative eyes. In the mental realm, we're able to create whatever we want to see. Your physical eyes can only see what already exists in the physical; they can't make things become. The eyes of your mind, however, can produce what you want to see in the physical.

In my book, **"Recreating Your World,"** I teach

that your imaginative power is your creative ability. God gave us the ability to imagine as a special gift to help us create the world we want to live in. If you don't like the life you're living, you can change it. God has given you the tool (your mind) and the ability to make the change.

This ability is naturally God-given. With your mind, you can choose what you want to see. Seeing only what exists in the physical is living at the lower plane of life, and, sadly, that's where many are. But if you're born again, you have the God-nature and God wants you to lift your vision and see the unseen.

12 MEDITATION— YOUR MOMENT OF CREATION

Bringing Forth From Your Mind

Now let's talk about how to bring forth what you've seen or envisioned with the eyes of your mind. Creation doesn't end with you just simply imagining a thing and leaving it at that. After you've seen it, you've got to create it and form it.

Let's take our cue from God Himself. The Bible says,

> **"And God said, Let us make man in our image, after our likeness...So God created man in his own image, in the image of God created he him; male and female created he them" (Genesis 1:26-27).**

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul" (Genesis 2:7).

Understand what God did here: first, in Genesis 1:26-27, He created man from within, and then in Genesis 2:7, He formed man from the dust of the ground, according to what He had created from within Himself.

I'd suppose this would have taken some time. You say, "But God created man on the sixth day." Yes, but don't forget that one day with the Lord is as a thousand years and a thousand years as one day (2 Peter 3:8). That's because He lives in eternity. So God created and formed—in His own image and after His likeness—this excellent creature that He called man.

Now, you have an image, a vision you want to bring forth. Remember, your imaginative power is your creative ability; whatever you can imagine, you

can create. So, it's important that you imagine. It's something you've got to learn to do for yourself.

But here's where many have misunderstood vision: they're waiting on God to give them one when they should be creating it. There're visions God shows you in your spirit, which you don't have any influence over (remember the eyes of your spirit), and there're those you must create with your mind. When God has given you a Word concerning anything, then you have the right to produce it, and its creation begins in your mind.

Your Times Alone

This is why it's so important that you have times of privacy to work on and with your mind. I call these times "moments of creation." How we need to have such moments alone, where we're not imagining how we're going to get back at those who offended us. Some people use their moments alone to bring up

such unpleasant images, and end up creating all the wrong things in their lives. Then they turn around and wonder where their problems are coming from.

You ought to spend your moments alone creating what you want. When a negative picture comes to your mind, stop it and replace it with the right one.

True Meditation Is Creation

Isaac, the son of promise, had learned something from Abraham his father. The Scriptures show him as a deeply spiritual man who meditated often. On one occasion, Abraham asked his head servant to go get Isaac a wife, and when he returned with Isaac's wife, they found him meditating (Genesis 24:63-64). He had learnt the power of meditation, knowing that your moments of meditation are your moments of creation.

True meditation is creation, but not too many people have learnt to use their moments of meditation to create.

In the general sense, "to meditate" means "to focus one's thoughts on; reflect on or ponder over; to plan or project in the mind." However, in Scripture (Joshua 1:8), the Hebrew word translated "meditate" is "hagah," and it means "to ponder, to mutter, to roar." This reveals the three stages or levels of meditation. Meditation therefore refers not only to pondering, ruminating, or reflecting on something; it also implies muttering that thought under your voice, speaking it out, and roaring it to yourself. In other words, you're saying something with your mind focused on it. You're getting your whole system to accept a certain truth.

YOUR MOMENTS OF MEDITATION ARE YOUR MOMENTS OF CREATION.

We can see that Isaac had learnt the same lesson God taught his father. He knew what to do with his mind and his times of meditation. When everyone was fleeing from Gerar and running to Egypt because the economy was bad, the Lord appeared to him in one of

his times of meditation and told him, *"Don't pack up and run off like everybody else; stay in this land and I'll give you everything"* (Genesis 26:2-3).

SPEND YOUR MOMENTS ALONE CREATING WHAT YOU WANT. WHEN A NEGATIVE PICTURE COMES TO YOUR MIND, STOP IT AND REPLACE IT WITH THE RIGHT ONE.

Isaac stayed put and, even though there was a severe drought in the land, everywhere he dug, his wells sprang water. When others' crops failed, his flourished (Genesis 26:12-25). The Bible says he prospered, and continued to prosper, until he became so great and prominent in the land that the Philistines envied him (Genesis 26:12-14). He was a man of great prosperity, but he created it through meditation on God's promise.

Jacob's Creative Imagination

Jacob also learnt the same thing from Isaac his father. He had discovered the power of meditation

and how to use his mind to create what he wanted. This was why, even though he suffered many things under his uncle Laban for many years, he came out very prosperous in the end.

Before we see how Jacob did it, let's first establish the backdrop for his extraordinary story. He loved Rachel, Laban's younger daughter, and wanted to marry her. Laban said it was fine with him, but Jacob must serve him for seven years before he could have Rachel as his wife. Jacob served the seven years, and at the end of the period, Laban reneged on their agreement, and tricked him into marrying Leah, the older daughter, instead.

But Jacob wanted Rachel so much, and Laban knew this and took advantage of it. He presented Jacob with another offer: "Serve me seven more years and Rachel would be yours" (Genesis 29:27). Jacob agreed and served Laban for another seven years, making a total of fourteen years before he eventually

had Rachel as his wife.

Jacob continued serving Laban, who had over the period reviewed his salary, not upward but downward, on ten different occasions! I mean, the man was just a mean, dishonest boss! Well, one day, Jacob went to Laban and said, "Uncle, it's time for me to leave. My wives are having kids and our family is growing larger. Better for us to leave now before we become a nuisance to you and to this place."

Read Laban's response: *"...If I have found favor in your sight, please stay here, for I have learned...that the Lord has blessed me on account of you...Just name your wages—I'll pay whatever you want"* (Genesis 30:27-28 NET).

Jacob agreed to stay a while longer and serve Laban, and now Laban tells him, "I'll pay whatever you want." But Jacob saw through the smokescreen; this was the same man who'd changed his wages ten times now asking him to name his price. He'd had enough of

Laban's dishonesty, so he replied, *"I don't want you to pay me anything. Just do one thing, and I'll take care of your sheep and goats"* (Genesis 30:31 CEV).

Here was what Jacob asked, and this is where we begin to see his creative mind at work: Laban and his sons were to take away all the spotted, speckled, and striped animals from the herd, leaving only the pure-coloured ones. If those ones gave birth to any spotted, speckled, or striped young, they'd be Jacob's wages for his services as Laban's herdsman.

Both Jacob and Laban knew there was very little chance of that ever happening. But Laban, being the dishonest boss, was very happy with the deal. Now he didn't have to cheat Jacob anymore; he figured Jacob had cheated himself with this absurd deal he concocted.

Laban and his sons promptly took away the spotted, speckled, and striped animals and separated them from Jacob's herd by a distance of three days'

journey, leaving him with the pure-coloured ones. Now they waited to see how Jacob would pull this off and have his own livestock and support his family.

Let's see how he did it.

How Jacob Created With His Imagination

> **"And Jacob took him rods of green poplar, and of the hazel and chesnut tree; and pilled white strakes in them, and made the white appear which was in the rods. And he set the rods which he had pilled before the flocks in the gutters in the watering troughs when the flocks came to drink, that they should conceive when they came to drink" (Genesis 30:37-38).**

Observe closely what Jacob was doing here. He wasn't carrying out a ritual, as some have thought or suggested; he was helping his vision in the same way

God helped Abraham's vision by getting him to count the stars.

Jacob got rods from poplar, hazel, and chestnut trees and made markings on them so they looked like the designs on the bodies of the striped, spotted, and speckled animals.

Next, he placed these rods where the animals came to drink and mate, because he was trying to help his vision of them bringing forth spotted, speckled and striped young, and he thought it could happen if they'd mate in front of the rods. So he set his focus on this.

This is how to help your vision—you meditate until your whole mind is inundated with the idea of what you want to see. That's why sometimes, when you want to meditate and you're in your closet with nothing in front of you, it'll be difficult to see anything.

Start by reading Scripture or some other material in the direction of your vision. I tell people, "If you want to have a productive fast, get some books you'll study

during the period, so your mind can be well-focused. If you say you're fasting or meditating, and you're not focusing on anything, then your mind isn't creating any picture. This is something you've got to learn.

MEDITATE UNTIL YOUR WHOLE MIND IS INUNDATED WITH THE IDEA OF WHAT YOU WANT TO SEE.

Jacob understood this; he knew that the things we see were not made of things that appear (Hebrews 11:3). Let's get back to his story now:

> **"And he set the rods which he had pilled before the flocks in the gutters in the watering troughs when the flocks came to drink, that they should conceive when they came to drink. AND THE FLOCKS CONCEIVED BEFORE THE RODS, AND BROUGHT FORTH CATTLE RINGSTRAKED, SPECKLED, AND SPOTTED" (Genesis 30:38-39).**

It worked! Those pure-coloured cattle actually gave birth to ringstraked (striped), speckled, and spotted young!

Now watch what Jacob did next:

> **"And Jacob did separate the lambs, and set the faces of the flocks toward the ringstraked, and all the brown in the flock of Laban; and he put his own flocks by themselves, and put them not unto Laban's cattle. And it came to pass, whensoever the stronger cattle did conceive, that Jacob laid the rods before the eyes of the cattle in the gutters, that they might conceive among the rods. But when the cattle were feeble, he put them not in: so the feebler were Laban's, and the stronger Jacob's" (Genesis 30:40-42).**

Isn't this amazing? I told you Jacob wasn't performing a ritual. He had started out by placing his marked rods before the cattle, so that when they saw the rods while mating, they conceived their young with designs like those on the rods. But now he no longer needed the rods. This time he put the spotted, speckled, and ringstraked calves and lambs before the adult ones so that as they mated, they'd conceive such as the ones they were seeing in front of them.

> **"And it came to pass, whensoever the stronger cattle did conceive, that Jacob laid the rods before the eyes of the cattle in the gutters, that they might conceive among the rods. But when the cattle were feeble, he put them not in: so the feebler were Laban's, and the stronger Jacob's" (Genesis 30:41-42).**

Don't think Jacob was cheating Laban here; all he

was doing was helping his vision and ensuring he had the best possible outcome. So each time the strong cattle mated at the watering trough, he put in the marked rods so they would conceive striped, spotted and speckled young, and when he noticed it was the weaker cattle mating, he removed the rods so they produced their regular pure-coloured offspring.

What Jacob did was to use his imaginative power—his creative ability. You can create the vision you want in your mind. It's something you've got to consciously choose to do. Don't think, "Well, I can't see any vision until it appears to me." No, the vision that would appear to you without you working it is the one in your spirit; leave that to God. Truth is, you may never see a spiritual vision while on this earth, but that shouldn't stop you from being as successful as you choose to be, if you'll create the ones He gave you the ability to produce.

Not From Things That Appear

Laban and his sons couldn't figure out how Jacob came about having so many speckled, spotted, and ringstraked cattle when he wasn't even supposed to have any. They accused him of stealing from them, so he thought it necessary to open up to his wives—Laban's daughters—and show them how he made it happen.

Genesis 31:10-12:

> **"And it came to pass at the time that the cattle conceived, that I lifted up mine eyes, and saw in a dream, and, behold, the rams which leaped upon the cattle were ringstraked, speckled, and grisled. And the angel of God spake unto me in a dream, saying, Jacob: And I said, Here am I. And he said, Lift up now thine eyes, and SEE, all the rams which leap upon the**

cattle are ringstraked, speckled, and grisled: for I have seen all that Laban doeth unto thee."

Here, Jacob showed his wives the spiritual side of things. He told them how he kept seeing a vision of what should have been pure-coloured rams appearing ringstraked, speckled, and grisled as they mated. Notice, he didn't say, "I saw in a dream that I lifted up my eyes." That would have meant he was sleeping and then he had this dream. But he said, "I lifted up my eyes and saw in a dream." That's talking about a vision of his mind that he created while he was fully awake. And when you see like this, God tells you, "Son, Daughter, you've got it!" The things we see were not made of things that appear (Hebrews 11:3).

IF YOU SAY YOU'RE MEDITATING, AND YOU'RE NOT FOCUSING ON ANYTHING, THEN YOUR MIND ISN'T CREATING ANY PICTURE.

13 SEE ALL THINGS NEW!

In **2 Corinthians 5:17**, Paul wrote:

> **"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."**

There's a powerful word here I want us to study; it's that word "BEHOLD." It means "SEE." Paul, by the Spirit, was saying, "See, all things are become new!" Not many Christians know that they have to see that all things have become new.

This is a charge, an instruction of the Spirit. He says to you, "See!" What are you seeing? Someone says, "Since I've been born again, things haven't changed." But that's not what the scripture says here. It says,

"See, all things have become new!" If you've not been seeing all things as new, then you've been looking at the wrong thing. It's time to say to yourself, "No, this is not what I'm supposed to be seeing. All things have become new!"

Now begin to see yourself in that new light. Stop seeing yourself with the natural limitations or shortcomings you were born with. Stop seeing yourself as subject to the misfortunes that may have plagued your earthly family. You belong in a new family now—the family of God (Ephesians 3:14-15.) Now, see that all things have become new!

IF YOU'VE NOT BEEN SEEING ALL THINGS AS NEW, THEN YOU'VE BEEN LOOKING AT THE WRONG THING.

Remember, you've got to help your vision. This is what we've learnt from Abraham, Isaac, and Jacob. The Lord used the stars to help Abraham's vision. Jacob used markings on wood to help his. Find the right pictures that help your vision and keep them before

your face. Stay with the things that steer the focus of your spirit and your mind in the right direction.

Be In the Right Place

This is why it's so important that you go to the right church and are exposed to the truth of God's Word. When people go to the wrong place, their vision is altered, and they start seeing the wrong things, because the Word of God is not being taught. God's Word gives you the right pictures and visions. That's because God's Word is His mirror that reflects back to you your true image in the mind of God.

It matters what you see. I've been a pastor for more than thirty years, and from time to time, pastors come across people who would always want to tell them what's happening in the church that's not right. They think the pastor doesn't really know what's going on. But the truth is they're the ones who don't know what's going on, because they're looking at the wrong

things. The pastor, however, has to keep his focus on what God is showing him.

Joshua And The Wall Of Jericho

So what do you want to see as a minister, businessman, parent, or student? If you keep looking at what negative-minded people are showing you, that's what you'll have. Let your focus be on what the Lord has shown you instead. We see a very instructive account in this regard from the life of Joshua.

> **"Now Jericho was straitly shut up because of the children of Israel: none went out, and none came in. And the LORD said unto Joshua, See, I have given into thine hand Jericho, and the king thereof, and the mighty men of valour" (Joshua 6:1-2).**

At this time, the battle for Jericho hadn't started

and there was no fighting as yet. Joshua was only just planning to attack Jericho when the Lord said to him, *"...See, I have given into thine hand Jericho, and the king thereof, and the mighty men of valour"* (Joshua 6:2).

But Jericho's fortified walls were still standing strong, and the entire city was in lockdown mode; nobody went in or came out, because of the children of Israel. Yet the Lord said to Joshua, *"See, I've given you Jericho, and the king, and all the men of valor."*

God's first instruction to Joshua here was simple: "SEE!" This meant that for Joshua to conquer and possess Jericho, he had to "see" it first from within; he had to use the power of his imagination. If he didn't see that God had given him the land, he never would have possessed it.

IT DOESN'T MATTER THAT GOD HAS ALREADY DONE SOMETHING FOR YOU, YOU'VE GOT TO "SEE" IT TO WIN IT!

This powerful principle still applies today; it doesn't matter that God has already done something for you,

you've got to "see" it to possess it!

How important it is for us to have the right mental picture of whatever our desire is! Understand this: **the extent of your vision is the boundary of your blessing!** In other words, it's how far your vision can go that'll determine how much you'll possess.

What do you see today about your career, business, family, finances, ministry, academics, etc.? If you're not happy with the progress you're making or the direction you're going, it's because you're not seeing. It's time for you to SEE!

Your Set Time Is Here

What can you see? How far can your mind go? I remember a remarkable experience I had some years ago during one of our healing meetings. A young girl who couldn't walk because of a condition she had was brought before me in a wheelchair. As I laid my hands on her to pray, I noticed she was moving her limbs, as

if bracing herself for a dash. And as soon as I said, "Be healed!" she took off running! I had to quickly reach out and restrain her, because I wasn't through with her just yet.

You may be wondering, "How did that happen?" Well, that young child had built a picture in her mind of herself running that day. To her, it was the set time for her transformation, and nothing was going to prevent her from receiving her healing. She had already pictured strength coming to her limbs, and she could see herself running again just like any healthy kid her age. Guess what? That was exactly what she got. She received her healing that day and started walking and running again, praise God!



Conclusion

BE RENEWED DAILY!

The Character Of Your Mind

2 Corinthians 4:16:

> **"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day."**

When Paul made this statement, he wasn't giving a general comment about the Church. Study this portion of Scripture in context, and you'll see that he was talking specifically about himself and some other persons along with him who had experienced this in their lives.

He was letting the saints in Corinth know this should happen with them as God's children, because this was what happened with him.

Now, every Christian may not be able to say that his inward man is being renewed day by day. But Paul said he was renewed on the inside day by day, glory to God! The renewing of your inward man should be a daily experience. Even though your outward man may be getting older, you've got to renew your inward man every day through the Word of God. I'll show you how that works.

Ephesians 4:23-24 says,

> **"...be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness."**

The "spirit" of your mind here refers to the "character" of your mind. Therefore, being renewed in the spirit of your mind refers to the education of your inward man. When one is educated naturally by going to good schools and reading the right books, he forms a new character, because of the information

and enlightenment he receives.

That boy who was born in a remote village and knew nothing about the outside world could go on to become a secretary of state, or a prime minister, or the president of the nation, because he's been educated and has formed a new character different from that of the uncouth young lad that came out of that village.

In much the same way, your inward man can be educated to form a new character, which, as Ephesians 4:24 says, is created by God's Word in His likeness of righteousness and true holiness, glory to God!

Become All That God Has Created You To Be

Now that you know what you should be, begin to train and develop your inward man with God's Word to become all you should be in Christ. As a child of God, your primary focus in terms of your personal training and development should be your inward man.

When your spirit is properly trained, you can see and hear as you should.

This is important, because, your senses of sight and hearing are basically the sources through which information comes to you. If you don't see clearly, you get the wrong picture, and if you don't hear right, you get the wrong message. But when you see and hear as you should, you have the right picture and message; you understand who you really are and can be all that you ought to be.

YOUR PRIMARY FOCUS IN TERMS OF YOUR PERSONAL TRAINING AND DEVELOPMENT SHOULD BE YOUR INWARD MAN.

Colossians 3:9-10:

"Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him:"

This is akin to what we just read in Ephesians 4:24.

We're like God, and the real image of Christ is in our spirits. We have His life and nature, for as He is, so are we in this world (1 John 4:17). And as our hearts and minds are renewed in knowledge according to His image (His Word) in our spirits, we form His character and become more like Him in our thinking, words, actions, methods, and mannerisms.

Change Your World!

"And have put on the new man, which is renewed in knowledge after the image of him that created him:" (Colossians 3:10).

This scripture tells us something quite instructive about the nature of God—that He's a Creator. And since He created our spirits to be just like Him, He expects us to be creators as well. This means He wants you to make things happen and change your world.

Many of God's children around the world are already doing new and big things that haven't been done before. You may even be one of them, but there's so much more you can do. As you learn to take from what has been deposited in your spirit and bring them to the fore through your mind, you'll be amazed at your abilities and how much more you can do.

There are enormous potentials deposited within you. Jesus wasn't lying when He said all things are possible to the believing ones. He knew what He put in us.

What a life He's given us! Meditate on this truth and see with the creative eyes of your mind. The Lord is asking me to tell you to use what He's given you. Remember, He gave you a mind with the ability to see things your physical eyes can't see. You can't create until you see with those eyes, so make up your mind to use them.

So much will happen in these last days; the glorious

things that the Word of God has shown us will take place, but they'll happen only through those who are using what God has given. We're going to use our mental eyes to see and create what we want!

Therefore, see yourself making progress and doing big things for God. See with the eyes of your mind; focus them on what you want to see. If you can see it, you can and will have it.

Use What You've Learnt

If a different image tries to distort what you're seeing, reject it. If you see yourself failing, say no to that image! Keep your mind's eyes focused on the things that are consistent with God's Word concerning you.

SEE WITH THE EYES OF YOUR MIND... IF YOU CAN SEE IT, YOU CAN AND WILL HAVE IT.

I've shown you how to improve your life through visions and produce outstanding results. Use your power of vision to create

what you want in your job, business, ministry, family, health, finances—in anything at all that concerns you.

I believe you've learnt some things and have been reminded of others while reading this book. It's time to take all that you've learned with you, start functioning with them, and live the glorious and victorious life that God has made available to you!

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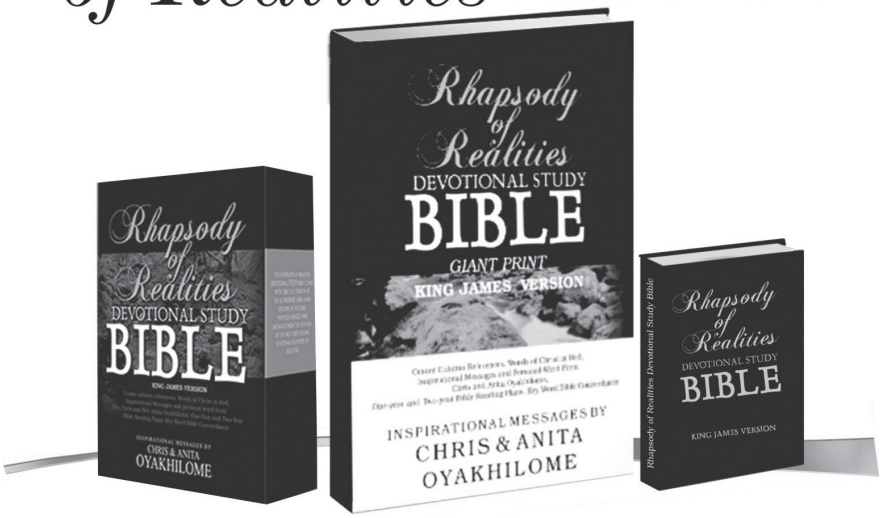
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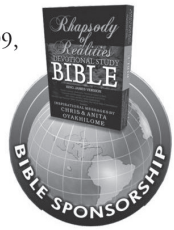


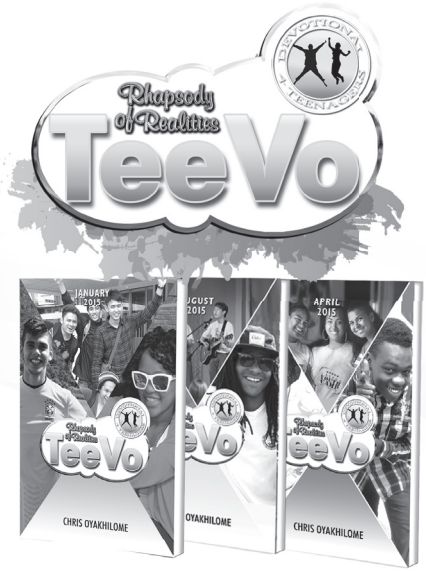
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HOW TO PRAY EFFECTIVELY

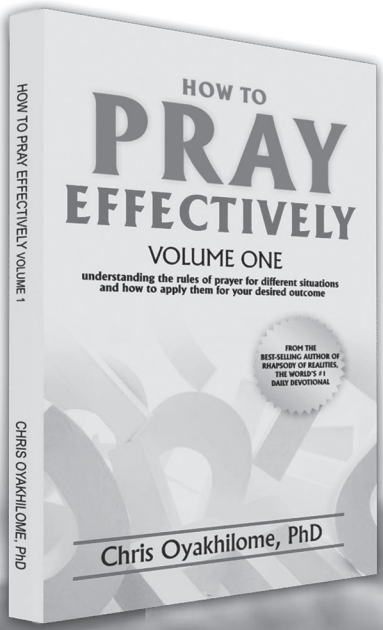
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