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YOUR THOUGHT LIFE

Proverbs 3:7 states, *“For as he thinketh in his heart, so is he”*. Literally, we become what we think about. If we think about all of the problems we face, we become overwhelmed by them. If we think about our sicknesses and diseases instead of the healing scriptures that promise health, then the sickness will overtake us. If we think about things of the dark side, we will be pulled into the dark side.

We must keep our thought life under the influence of our spirit. The question is, what are you feeding your spirit? Your spirit can become very weak if you aren't feeding it the Word of God. Just like your body needs to be fed, your spirit needs to be fed too. The more we feed our spirit with the word and things of God, the more we influence our thought lives.

There was a time that I had a lot of secular music. Some were love songs where someone was left behind. It would make me sad. I had to make a decision to **not feed** my thought life with this kind of music, because it affected my thinking and my entire life. I got rid of the records, and listened only to Christian music. You have to choose even Christian music wisely, because some of it contradicts scripture.

You may not think these things are important my friends, but they are. You have to change your thought life to live in victory. If you only listen to “songs sung blue”, then I guarantee that you will be depressed. On the other hand, when you fill your thoughts with praise and things that bring the joy of the Lord to you, the depression lifts.

Every Christian has an area in their life that Satan knows they are weak in, and that is the area that he will attack you in. Just like in any sport, you go for your opponents' weakness, and press in. Satan's weakness is that he cannot stand praise. It will run him off every time. So, let praise come into your spirit and it will influence your mind. Is it easy? NO!! Yet if you do it, you will live a victorious life and not a defeated one. Fill your mind with the promises of God and you will change your life. Be blessed to be a blessing!