

HELEN SANDERS

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AS HE THINKETH IN HIS HEART SO IS HE

Many folks' lives are controlled by their happiness which is based on external circumstances. Christians must rely upon the joy of the Lord to be at peace. In Nehemiah 8:10c it says, **"The joy of the Lord is your strength."** What we focus on determines what we become. Proverbs 23:7 says, **"as he thinketh in his heart so is he."**

What is it that you think on my friends? Some might become a chocolate éclair because that is what they think about. Yet seriously, we must control our thought lives. Satan works in the mind. He will pepper us with thoughts continuously, and if we aren't strong in casting down the thoughts that he tries to put into our minds we will fail every time.

What we think about is a choice. We can focus on the events around us, the newscasts, the environment, the weather, sicknesses, the relationships we are in. All of these are not necessarily bad, but they will not give us the peace that we need to live day to day without stress.

Newscasts often bring the negatives. The place you live in may be depressing. The weather is uncertain, and relationships often fail. Sicknesses come and go. These are only temporary things, my friends. The Word of God (the Bible) is full of uplifting promises and hope. As we choose to read it instead of the other things, we fill our minds with hope. The scriptures tell us in Proverbs 13:12, **"that hope deferred (put off) makes the heart sick."** Hope comes through faith in God and His word.

As we invest time in things that are Godly, it will come back to us in peace. We are given the freedom to make the choice. God will nudge us when we are on the wrong path, but He does not force us to do right. He speaks in a still small voice to let us know when we need to "re-route".

Are you sick in your body? Then find the healing scriptures that will bring life to you. For every situation that comes up there is an answer in the Bible. Many are in relationships that need to stop. Hanging around the wrong person can bring much unneeded pain to our lives. Choose your friends wisely. Find friends that encourage you and not discourage you. If you do not have someone like that, then always remember that Jesus is the friend that sticks closer than any brother.

We can find the peace we need when we keep focused on Jesus. When we walk in fear and doubt it simply means that we do not trust God. Have you been in that place? Then ask God to forgive you, and start believing that He has a good plan for your life. Remember, He loves you more than anyone and always wants the best for you. Let His joy rise up in you. It is your strength!