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SPIRITUAL HYPERACTIVITY

One of the hardest things for a young child to do is just sit still. You might tell them to sit in a chair, but so often they will squirm and fidget and move their legs or arms. They are children and they are just doing what a child would do. They have not learned how to just sit quietly. They are easily distracted.

Then there are those that have left childhood and received salvation. They have been born again, but they have not yet learned how to be quiet before the Lord. They have not learned how to control their soul (their mind, will, and emotions) with their spirit.

They might open their bible to read a passage, but their mind starts thinking about a thousand things other than reading the word of God. They might even read it but have not comprehended anything because they were not focused. They are like that child. They are easily distracted. You could say they have spiritual hyperactivity.

In 2 Corinthians 10:3-5 it speaks of how to deal with this. We learn in verse 3-4 where the battle comes from. It says, ***“3 For though we walk in the flesh, (our human flesh) we do not war after the flesh. 4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;).”*** This lets us know that battles do not originate with our flesh. They are spiritual battles. Since they are spiritual battles, we battle these thoughts with our spirit and not our mind.

Verse 5 tells us how to control our minds. It says, ***“5 Casting down (stopping, putting to death) imaginations (reasonings, thoughts) and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”***

We must consciously determine to not think about other things. When a thought or distraction comes, we say “NO! I will not think on that.”

It takes training to learn this. Just like a little child does not learn immediately neither does a Christian. We must train ourselves to control our thoughts. We must choose to let our born-again spirit control our thoughts rather than our thoughts control and distract us.

Spiritual hyperactivity is a great problem in the lives of believers, but it can be stopped. We are the ones to discipline ourselves until it becomes a natural thing to be still before God.