

Short & Sweet: 4 Steps to a More Peaceful Life



“Sold to Mrs. Kane for \$150 dollars.”

It was Work Day at our school, a tradition in which the seniors raise money for their class trip by auctioning themselves off to the highest bidder. For one day the seniors become workers, at the beckon call of their bosses. In this case, I purchased my own son. For one day, he was mine. No arguing. No haggling. My word was LAW.

He was my captive.

3 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

2 Corinthians 10: 3-5

The original Greek word used for *captive* in 2 Corinthians is *aichmal?tiz?*. It means “to lead away captive, to capture ones

mind, to captivate." *To captivate*—interesting.

If something is captivating it draws, it attracts, it appears to offer something desirable to the one who is captive-ated. As stated in the definition, it captures the mind. Once the mind is ensnared, the heart and body soon follow. The perfect trap.

Captivity causes great stress.

Especially when a Christian is held captive by sin. I know. I have been there. My heart knew the truth, but I allowed my flesh to rule my soul.

The price of living in rebellion is the absence of peace. Flesh fights the Spirit. Lies clash with Truth. Man contends with God. And the mind is a battle zone. Stress, anxiety and angst set up shop and begin their dirty work. Like a puppet on a string, our thoughts call the shots and we obey.

How can we regain our freedom and peace?

Know the truth—Jesus. He is the way, the truth and the life. We must bury truth in our heart so we are able to recognize a lie the moment it tries to ensnare us. Once we have the truth in our heart, we use it to tear down the lies of the Enemy. We do this by taking every thought captive to Christ.

How does this process work?

I run every thought that comes into my head through the filter of God's word by asking one question, "Does this thought comply with the truth of Scripture?" If the answer is no, then I cast it away and replace the lie with truth. I do not allow my mind to be captivated by lies or sinful thoughts. I take

every thought captive to the truth of Christ.

By the power of the Holy Spirit, we can control our thoughts—we choose what we think about. The Spirit enables us to tear down opinions and arguments and replace the lies with truth. We are no longer enslaved by our thoughts. Reduce your stress by thinking right thoughts. Right thoughts lead to right actions. And right actions lead to peace. Peace with God, peace with others, and peace with yourself.

It matters what you hear.

It matters what you watch.

It matters what you read.

It matters what you think.

What you allow in your mind goes heart deep.

Today, seek to tear down the lies and take every thought captive to Christ. Stop entertaining fabrications of the world, the enemy and your mind. Your destiny hangs in the balance. Tear down lies with Truth. Walk with Truth and you will live in peace.

Action Points:

1. **Take** a quick inventory of your troublesome thoughts.
2. **Memorize** scriptures that deal with your trouble areas (If you often complain, memorize scriptures about thankfulness.)
3. **Replace** wrong thoughts. Turn your memorized scriptures into prayers. Example: “Lord, Your word says I should do everything without complaining. Thank you I have a washer to do all this laundry.”
4. **Repeat** as often as needed!

Life is sweet! Think truth and live in peace.

Mary Kane

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