

# To Do-ers List: What He Says



*Princes also sit and speak against me, but your servant meditates on your statutes.*

*Psalm 119:23*

My mind used to be a battlefield, a theater of war used expertly by the enemy to oppress, control and render me useless for the cause of Christ. Darts of the enemy used to fly unchecked, inflicting damage on my heart and soul. Jagged wounds hemorrhaged confidence and peace as I struggled to stop the flow. I was a victim of my thoughts – at the mercy of whatever drifted into my mind. One nasty comment from a coworker or supervisor and I would embark on a three-day pity-party, complete with sleepless nights and a churning stomach.

I didn't *want* to think about the harsh words echoing around the corners of my mind – I seemed to have no choice. They'd flash in HD, vivid and brutal, as I relived the hurt with each replay. I needed to learn to control my thoughts and take them captive for Christ and shut off the broken record. I needed to learn Christ had set me free.

I needed to listen to **what He says**.

# As Christians, we decide what to meditate upon.

We have several choices. We can think about:

1. What we say about ourselves
2. What others say about us
3. What the world says about us
4. What Satan says about us (LIES, LIES, LIES) or
5. What God says about us (TRUTH, TRUTH, TRUTH)

Satan will always lie and friends will usually only tell us what we want to hear. We can't trust what the world says or our own words either. Our only trustworthy source is God. If we listen to any other source we'll miss God's will and disobey Him in order to "eliminate" fallout from critics. Peace no longer depends on Christ, but on the absence of conflict.

So how do we silence the broken record?

## Focus on God and what He says.

Simple – yet, oh so challenging.

Turn off the lies.

Stop cooperating with the enemy.

Start agreeing with God.

Listen to **what He says**.

The Battle Plan:

1. **Shut down the lies.** The second a thought slithers into your mind that does not agree with what God says about you, shut it down. (For example: Say the enemy wants you to believe you are not smart enough to complete a task

God has given you. Literally say out loud, “That is not truth. I am not stupid, God has given me the mind of Christ.”)

2. **Praise God.** Finish off your verbal power session with a round of praise for our mighty God. “God, I thank You that You are stronger than anything that comes against me. Thank You that You have called me and chosen me for this task.” The enemy will flee at the sound of His great Name.
3. **Re-purpose your thoughts.** Remember all the hours you spent replaying some awful scene in your head in slo-mo? A fight with your husband, an attack from coworker, a mistake you made in a very public setting? The next time you are tempted to dwell on the hurt, re-purpose that time for thinking on what God says in His Word.
4. **Repeat** the steps above as often as needed.

## It works. I know.

Today, pray and ask the Holy Spirit to make you aware of your self talk. The moment a negative thought pops into your head, replace it.

Think truth. Speak truth. Change your life.



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Be a doer of the Word. Listen to what He says.

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