

Backslidden #3

What we
THINK about
can move our
life
FORWARD so
we can be
used by God
in this world...

What we
THINK
about can
KEEP us
from being
used by
God.

He learned to
think and
believe what
God said about
Him.

Your life is
always
moving in
the direction
of your
strongest
thoughts.

Jeremiah
might not be
in the Bible if
he had
allowed his
negative
thinking to
take over.

Jeremiah 1:4-6

4 The word of the LORD came to me, saying,
5 "Before I formed you in the womb I knew you, before
you were born I set you apart; I appointed you as a
prophet to the nations."

"Before
you were
born...I
knew
you."

"Before
you were
born...I had
a purpose
for your
life."

6 "Ah, Sovereign LORD," I said, "I do not know how to
speak; I am only a child."



Romans 12:2

2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Jennie Allen - Get Out of Your Head: Stopping the Spiral of Toxic Thoughts

"Take every thought captive." They say authors write books for two reasons: either the author is an expert on the subject, or the subject makes the author desperate enough to spend years finding the answers. The latter most definitely describes me.

This morning I woke up intending to write to you. But first, I thought, *I need to spend time with God*. So what did I do? I picked up my phone. I noticed an email about something I was working on, in which the sender was "constructively" critical of my work.

Just as I decided to set my phone down, something else stole my attention...and the next thing I knew, I was on Instagram, noticing others' wins and glories contrasted with my work in process that seemed to not be measuring up.

In minutes with my phone, I decided that I was an inadequate writer, I was spending my life chasing things

that mean nothing because I am nothing, I have nothing to say.

I was spiraling fast into discouragement. Then my husband, Zac, came in happy, having just met with God, and I snapped at him.

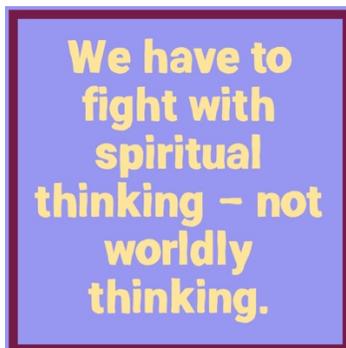
My spiral began to spin faster and more chaotically. In less than an hour, I had diminished myself, criticized all my work, decided to quit ministry, ignored God, and pushed away my greatest advocate and friend.



2 Corinthians 10:3

3 For though we live in the world, we do not wage war as the world does.

4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.



5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

**Replace
those
thoughts
with the
truth.**

Psalm 119:15

15 I meditate on your precepts and consider your ways.

**Cover
the lies
with
truth.**

Psalm 139:13

13 You made all the delicate, inner parts of my body and knit me together in my mother's womb.

Jeremiah 1:4 The LORD gave me this message:

5 "I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations."

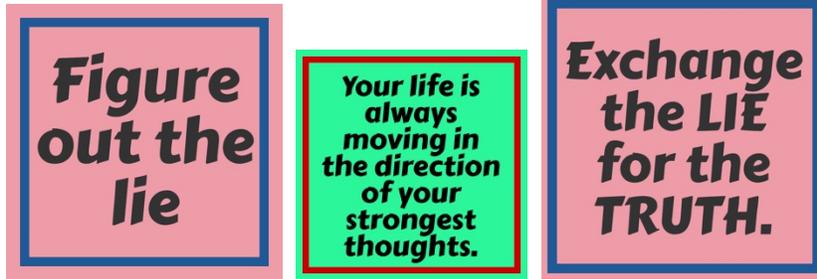
Psalm 103:12

12 He has removed our sins as far from us as the east is from the west.

Romans 4:7-8

7 "Blessed are they whose transgressions are forgiven, whose sins are covered.

8 Blessed is the man whose sin the Lord will never count against him."



Matthew 6:25–34

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

27 Who of you by worrying can add a single hour to his life?

32 For the pagans run after all these things, and your heavenly Father knows that you need them.

34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

**WRITTEN BY SHANA SCHUTTE –
WISDOMHUNTERS.COM**

**Thoughts from daily Bible reading for today –
September 22, 2020**

Your word is a lamp to my feet and a light to my path. Psalm 119:105

Many years ago when I was a teacher, I watched from an upstairs window at the school where I taught as

paramedics arrived within minutes to rescue a man who had driven off the road.

It struck me how different things were when I was a girl.

Before electronic devices, such as global positioning systems (GPSs), paramedics had to know the city they served like the back of their hands, or else they would be driving around in circles in total chaos, and many people would have died!

The paramedics had to know the city by heart so they were ready to respond when accidents happened.

When Jesus was tempted by Satan in the wilderness after fasting for forty days and forty nights, He showed that the only defense against deception is God's truth.

When Satan attacked Christ with lies, Jesus used scripture from the Book of Deuteronomy for protection.

Can you imagine what it would have been like if He hadn't known the truth?

It wouldn't have been a pretty picture if He had to stop and say, "Wait a minute! I have to go look that up! I think it's somewhere in the Scripture."

Like Christ, we can overcome the deceptions Satan throws at us. How?

First, we can ask Christ what lies we believe about Him, ourselves, our relationship with Him and His Word—or anything else that He wants to bring up to us. Then we can make a list of the deceptions and ask the Holy Spirit to show us God's truth from Scripture.

One day while I was smack dab in the middle of a trial, I purchased some note cards and wrote a lie on each card with a counteracting scripture.

I carried these scripture cards with me often and spoke God's truth out loud.

Embracing His truth helped me during a time when I needed it as a defense against lies—and it brought me peace and encouragement.

Are you going through a time of temptation or trouble?

Grab onto the truth in God's Word and meditate on it.

And, if you need to, ask the Lord if you are believing any lies that you need to combat with His precepts.

"But he answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God'" (Matthew 4:4).

17 "Get yourself ready! Stand up and say to them whatever I command you. Do not be terrified by them, or I will terrify you before them.

18 Today I have made you a fortified city, an iron pillar and a bronze wall to stand against the whole land—

against the kings of Judah, its officials, its priests and the people of the land.

10 See, today I appoint you over nations and kingdoms to uproot and tear down, to destroy and overthrow, to build and to plant."

19 They will fight against you but will not overcome you, for I am with you and will rescue you," declares the LORD.

The pathway in
Jeremiah's brain
was one of **TRUTH**
and **TRUST** that
God would take
care of him.

**Your life is
always
moving in
the direction
of your
strongest
thoughts.**

**Figure
out the
lie**

**Exchange
the **LI**
for the
TRUTH.**