

Why Is It So Important That We Control Our Thoughts ?

Job 32:8 [Amplified Bible] *“But there is a vital force, a spirit of intelligence in man, and this breath of the Almighty gives men understanding.”*

It is our thought process that gives us our intellect, our ability to plan and make certain decisions that will give us our lifestyle.

Our Creator in His Word, the Holy Christian Bible, is telling us that our thoughts are lodged in this spirit in us that He has given us to make us human.

Thoughts are spiritual in nature. They are **not** physical because they do not occupy space and cannot be measured by any physical means.

God considers our thoughts as part of us, in fact a major part of who and what we are, [Psalms 139:1-4].

1 Corinthians 3:16 [NIV] *“Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you?”*

For us to become a spiritual created child of God, to live with Him for eternity, the Holy Spirit of the Triune Godhead has to dwell in us.

This indwelling of the Holy Spirit will cause us to mature as a child of God.

Galatians 5:22-25 [NIV] *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.”*

It is in this intimate relationship with the Holy Spirit that these “fruits” of the Holy Spirit will “rub off” on us. These “fruits” are the very characteristics of the Holy Creator God and have to be ours also if we are to live in His presence [His Kingdom or created family] for eternity.

What then is our part in process of turning us into a child of God?

Hebrews 10:22 [NIV] *“let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.”*

The word “sprinkled” indicates the blood sacrifice of Jesus Christ our Saviour that will cleanse our conscience [thought process] in the first place.

But we must then continue to strive to keep our thoughts pure so we are a fit place for the Holy Spirit to dwell and be actively at work.

Philippians 4:8 [NIV] *“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.”*

This must be a positive decision on our part.

At first we will find this very difficult to do and we will often “slip up”.

Don't give up, repent by confessing our sins [our "slip ups"] to God and He will allow us to start again.

1 John 1:9 [NIV] *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

After time, our constant, intimate relationship with the Holy Spirit will empower us to resist such sins.

James 4:8-10 [NIV] *"Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up."*

God will lift us up again after such "slip ups" if we are constantly seeking His presence.

Matthew 5:8 [NIV] *"Blessed are the pure in heart, for they will see God."*

If we are pure in our thoughts, then our heart, the driving force of our life, will see God by being in His presence.

Seeing God is the reward and blessing we have now and for eternity.

Purify our thoughts so that the direction of our life will be constantly moving towards seeing and living with our Creator, the God of The Christian Bible.

It is wrong thoughts that cause the Holy Spirit to be hindered in the growth He desires to make in our character, the "fruit" of His presence.

Ephesians 4:30-32 [New King James] *"And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamour, and evil speaking be put away from you, with all malice. And be kind to one another, tender-hearted, forgiving one another, even as God in Christ forgave you."*

All of these things that grieve the Holy Spirit are the product of wrong thoughts.