

Episode 129

Let God transform you into a new person by changing the way you think.

- Romans 12.2

Ever since Adam and Eve were tempted in the garden of Eden, bible scholars have highlighted the fact that we are deeply influenced by our thought-life. Have you ever experienced a thought that wants to be thought? It's as if it has a life and power of its own. Whether it's rooted in insecurity, fear, greed or even lust, the moment it enters our minds it's almost as if the outcome has been scripted, our weaknesses and failures are on repeat.

If you struggle in this area, you know exactly what I am referring to. A colleague joins a meeting, and you are instantly on the back foot, riddled with insecurities and silent in your suffering. You return to your office and rehearse what you should have said, how you should have exposed their incompetence and how frustrating it is to have to deal with them. It's a thought that wants to be thought, and the underlying insecurity or anger or self-righteousness feeds on your fury and seeps into your soul.

Perhaps you are more familiar with the predictable pattern of temptation? If you're honest with yourself, you know all he must do is stop and listen, and your heart begins to flutter as your mind circles the same drain of self-pity and regret, wondering if you made a mistake marrying your husband when you did.

What do we do in moments like these? How do we get victory over these relentless patterns of defeat?

Down through the centuries, many have pointed to Jesus' use of scripture when he was tempted in the desert as the example to follow in these situations. Here's where I have seen the power of Romans 12.2 in action: Take time in silence and solitude to allow the Spirit of God to reveal to you what lies behind these predictable patterns, whether it is fear, rejection, insecurities, or any other root that the enemy waters with his words. Then trust your heavenly Father to give you a scripture that anchors you to the truth of his word, so that when those same thought patterns emerge, you can find a moment to pull out these scriptures and let them renew your mind, planting truth and life in place of the poison you've been drinking.

It may take time to rewire decades of habits and hurts, but I have seen incredible fruitfulness in this area as God transforms us into new people by changing the way that we think.

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