

Conquering on the Mental Battlefield – Part 2

An Important Point About Controlling the Thoughts...

“Keep thy heart with all **diligence**; for out of it are the issues of life.” Proverbs 4:23

This implies that it’s a struggle – it requires diligence.

“You should control your thoughts. This will not be an easy task; you cannot accomplish it without close and even severe effort. Yet God requires this of you; it is a duty resting upon every accountable being.” Adventist Home, 334-335

“Right thoughts, pure and holy purposes, do not come to us naturally. We shall have to strive for them.” Mind, Character and Personality, Vol. 2, 656

“It would require on the part of Moses himself a struggle as for life to renounce error and accept truth, but God would be his helper when the conflict should be too severe for human strength.” Patriarchs and Prophets, 248

“When the mind has been long permitted to dwell only on earthly things, it is a difficult matter to change the habits of thought.” Review and Herald, May 3, 1881

Good News! – It Gets Easier

“That which at first seems difficult, by constant repetition grows easy, until right thoughts and actions become habitual.” The Ministry of Healing, 491

5 Keys to Mastering the Thoughts:

1. Don’t Reinforce Wrong Thoughts – You Can Start That Right Now

- A. Rationalizing things that you know are against God’s word
- B. Fear of some bad outcome
- C. Negative thoughts about others, critical, etc.
- D. Complaining spirit
- E. Doubting God’s presence or will for you

“It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words.” Mind, Character and Personality, Vol. 2, 663

“If you yield to your impressions and allow your thoughts to run in a channel of suspicion, doubt, and repining, you will be among the most unhappy of mortals, and your lives will prove a failure.” Testimonies for the Church, Vol. 5, 310

We can give Satan an advantage by our words...

“The adversary of souls is not permitted to read the thoughts of men; but he is a keen observer, and he marks the words; he takes account of actions, and skillfully adapts his temptations to meet the cases of those who place themselves in his power. If we would labor to repress sinful thoughts and feelings, giving them no expression in words or actions, Satan would be defeated; for he could not prepare his specious temptations to meet the case. But how often do professed Christians, by their lack of self-control, open the door to the adversary of souls!” Review and Herald, Mar 22, 1887

Next part coming soon!

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