

## **Lies!** by Pastor Melanie Imel

I had to run into Walmart today and as I was waiting to check out, I couldn't help but notice the abundance of gossip magazines for sale. The one that really got my attention was the Enquirer with the headline "Dr. Phil has only 3 years left to live!" Of course they always choose the worst picture they can find of the person to go with the headline. But as I looked at the magazines and laughed that people actually read this stuff (if you do I'm sorry), the Holy Spirit started speaking to me about lies and our thought life.

How many times does the enemy present to you and me a "headline" of doom and gloom, of failure and hopelessness and we just take it as truth? It happens more than we care to admit. And if we are honest with ourselves, sometimes, we start meditating on these wrong thoughts, as if they are truthful. Just like these gossip magazines put the bait out there to make you pick up the magazine and read the story, thoughts in your mind can come to get you to take the bait of worry, fear, and hurt feelings, to get you distracted and miserable.

Sometimes, I am amazed (ashamed at the same time) how really silly I can think if I don't watch myself. We must learn to discern what lodges in our thought life because renewing the mind is a life long process. Ephesians 4:23 (AMP) tells us to be constantly renewed in the spirit of your mind (having a fresh mental and spiritual attitude). I cannot tell you the number of times I have seen friendships and even a few marriages, torn apart by one person believing a lying thought. This can be a relationship killer! If you have wrong thoughts about another person and those thoughts are allowed to continue unchecked, the thoughts begin to affect the way you treat that person. Thoughts lead to actions, good or bad.

1. First we must know what truth is. There is truth and it is found in God's Word. John 17:17 tells us that God's Word is truth and James 1:21 tells us that when we know the Truth, we will be set free! Set free from worry, because we know what God's Word says about our future, set free from fear, because we know God has given us power, love and a sound mind to overcome fear. Begin to plant God's truth into your heart and allow God's thoughts about you, your life, your future, to become your thoughts. God's word must be final authority in your life.

2. We have to think about what we're thinking about. Don't let your mind just think any way it wants to. Colossians 3:2 tells us to set our mind and keep it set on what is above (the higher things), not on the things on the earth. Isaiah 26:3 tells us we will be kept in perfect peace if we keep our mind or thoughts on the Lord. Just like we have to control our appetite and stop ourselves from eating the whole pan of chocolate brownies (my weakness), we must discipline and take control of our thoughts.

3. Is this thought good or bad? God's Word gives us a very practical way to discern our thoughts. Philippians 4:8. Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be

any virtue, and if there be any praise, think on these things. Ask yourself, is this thought your battling in your mind true, honest, just, pure, lovely, a good report? If you can answer no, then you must cast it down. We have to remove the thought pattern, just like going out and pulling weeds in the garden. 2 Corinthians 10:5 says, Casting down imaginations and every high thing that exalts itself against the knowledge of God and bringing every thought into the obedience of Christ. We have to be responsible for what we allow ourselves to think about.

One way we walk in the Spirit is to get our thought life to come in agreement with God's Word. I encourage you to examine what thoughts you've been meditating on. Just like we laugh at the gossip headlines of alien boy comes to Florida, and Angelina is pregnant with sextuplets, next time you have a unlovely, not true thought, just laugh, and cast it down because.....it's only a LIE!!

