

## Toxic Thoughts

2 Cor. 10:3-5

3 For though we walk in the flesh, we do not war after the flesh:

4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

God has really been dealing with me about thoughts and why we Apostolics who have taken on His name in baptism and been filled with His Spirit, not only carry far too many negative thoughts, but just plain downright thoughts that are toxic.

Here are some good quotes on our thoughts:

“Whether you think you can or think you can’t, you’re right.”

— Henry Ford

“Believe you can and you’re halfway there.”

— Teddy Roosevelt

“Our thoughts make us what we are.”

— Dale Carnegie

Most people agree that our thoughts are incredibly important, and dictate the very trajectory of our future.

“Tell me what you are thinking about today, and I can point you in the direction you will be headed in tomorrow.”—R.P.S.

What are some of our most toxic thoughts?

— How many of us dwell on an outdated recording or an outdated event in our minds that someone said or did to us, perhaps in our childhood, perhaps last week, that we keep playing over and over in our minds? Have you ever taken the time to notice that the more we play it out in the theater of our minds, the worse it becomes? How many of us have said, “I’m over it”? If that be the case, why are we thinking about it then? Do we not understand how these thoughts are far more than negative thoughts, but they are toxic thoughts.

Toxic thoughts kill growth; toxic thoughts kill mercy; toxic thoughts kill healing; toxic thoughts try to kill the other people that they are told to.

— Do we find ourselves constantly complaining? Complaining is far more than a negative thought; it is a toxic thought because a complainer rarely sees good in anything, and the complainer never sees the good in whom or what they are complaining about.

— What about jealousy, envy, bitterness, fear, are you always looking for the hammer to fall on your happiness? Do we not see how these thoughts are far more than negative thoughts, they are toxic thoughts?

Rom. 12:1-2

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

— Toxic thoughts destroy marriages; toxic thoughts destroy the home; toxic thoughts stop revival in it’s tracks; toxic thoughts ruin vibrant and healthy churches; toxic thoughts tear down youth groups, toxic

thoughts ruin friendships; toxic thoughts ruin relationships with saints and pastors.

— What toxic thoughts do we finally need to cast at the feet of Jesus so that our lives can finally become fruitful and flourishing, instead of fruitless and barren?

RPS