

## The Way of the Lord

### 6. Jesus Came To Free Me From WHAT? (Part 4)

We emphasized in the previous segment how essential it is that you take captive your every thought to make it obedient to Christ (see 2 Corinthians 10:5). In practical terms, that means you need to SEIZE all negative thoughts that come into your mind and intentionally submit them to how JESUS would think and respond if He were YOU.

Why is it so important that you NOT be influenced by negative thoughts? Because if you DON'T think and respond as our Lord would, you're opening YOURSELF to a lot of emotional hurt. And you're also robbing others from experiencing the love of Jesus through you.

There'll ALWAYS be a battle of sorts going on in your mind. That's where your SIN NATURE tries to overcome the Spirit of Christ at work in you. God's way of THINKING is so different from our limited perspective.

He KNOWS the big picture:

“For My thoughts are not your thoughts,  
neither are your ways My ways,’ declares the LORD.  
‘As the heavens are higher than the earth,  
so are My ways higher than your ways  
and My thoughts than your thoughts’” (Isaiah 55:8,9).

Our FATHER'S wisdom and understanding of the events going on around you have nothing in common with how YOU see them. That's why you need to seize ALL incoming thoughts that don't align with those of Lord Jesus. If you allow these negative thoughts to take hold and influence you, you'll create toxic memories which will be ANTI-Christ, and ANTI-God's Word.

Physical consequences take place in you when you DON'T change your toxic memories into healthy ones. One of the key purposes of demonic strongholds within your mind is to oppress and discourage you. You'll recognize their presence when you're persistently plagued by HELPLESS and HOPELESS feelings.

There's also a deadly interplay between strongholds and serious illnesses, such as cancer. Both demonic strongholds and cancer thrive on helpless and hopeless emotions. Helplessness and hopelessness are the lowest feelings you can experience.

When you're HELPLESS, you can't defend yourself. Everything is beyond your control. Your defenseless vulnerability even affects your IMMUNE system when it comes under attack.

When you're HOPELESS, you're overcome by feelings of inadequacy, incompetency and despair. You're haunted by fear that “Nothing is going to change!”

At various times, all of us may be tempted by a passing sense of helplessness and hopelessness. But when these become a CONSTANT STATE OF MIND, they disrupt your immune system. You hinder your body's ability to fight back.

There's a parallel between weakening your body's immune system and yielding

to demonic temptation. That's why the apostle Peter WARNS us:

"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings" (1 Peter 5:8.9).

When you DON'T resist the devil, you reduce your ability to fight back against temptation the next time. A weakened IMMUNE system empowers cancer and other serious diseases to be established in your body. And when you habitually give way to temptation, you develop SPIRITUAL weakness, which lowers your resistance to SIN. Your sin nature COOPERATES with your mind to develop demonic, toxic strongholds.

Recent scientific studies have revealed the effect of helpless and hopeless feelings on the BODY. And while hopeless and helpless emotions may not CAUSE cancer, for example, they greatly hinder your ability to fight back and overcome it. On the other hand, if your mind is filled with positive, healthy memories, you're far more capable of fighting back than someone who's dominated by helplessness and hopelessness.

The common axiom, "Time heals", is wrong. Time heals NOTHING. It just COVERS OVER the callous treatment of people who've generated helpless, hopeless emotions in others. Healing comes when you identify a toxic memory and the painful experience that's attached to it, and FORGIVE that person. Then the toxic, chemical composition of the memory can change into a healthy one as you're healed by Jesus.

You may find that before the Spirit of Jesus heals you, you need the help of others close to you — people who CARE about you changing and becoming more like Jesus. Most often they can DETECT your unChristlike, unbiblical words and motivations, and help you press on in our Lord's character.

Our heavenly Father wants His children to COOPERATE in making His Word their way of life. That's how we're being transformed TOGETHER into the love-based motivations of His Son, Jesus. Most English translations of the Bible MISS the plural, collective sense of the 1,050 commands in the Newer Testament. For example, the admonition to "continue to work out YOUR salvation with fear and trembling" (Philippians 2:12) is COMMUNAL: "YA'LL work out your salvation together."

The Body of Christ is COLLECTIVE, and Father intends that we MUTUALLY apply His Word to our lives — especially within our marriages, families, and home fellowship families. Certainly the Bible's metaphor of spiritual gifts as various parts of the human body depicts them COOPERATING together.

Let's summarize what we've been sharing.

Do you WANT to be free of ANTI - Christ, ANTI - Bible memories and become more like Jesus? Then HUMBLE yourself to receive help from people who care about you. They can help you expose any toxic MOTIVES triggered by negative memories.

You also need to face the emotional pain that's connected to that memory. Bring those hurts to Jesus in prayer for the healing only He can give you.

If you need to, REPENT for holding a negative attitude toward the person who hurt you. If you need to FORGIVE that person, do it realizing the depth of your

OWN sins and what our Father has forgiven YOU.

Changing the toxicity of your memories may be unfamiliar ground for you. But facing the emotional pain the toxic memories bring back uncovers any fear and bitterness you need to get rid of. Then through His Spirit, Jesus can heal and transform you. It's truly worth it all when you're enjoying the freedom and blessing of living the WAY of the Lord.

**For Further Study:**

Discussing How To Restore the Early Church: Lesson 31. Do You Forgive?  
<<http://www.restorationministries.org/pdf/RTEClessons/31.Lesson31.pdf>>

Discussing How To Restore the Early Church: Lesson 43. Impart a Forgiving Heart Through the Spirit  
<<http://www.restorationministries.org/pdf/RTEClessons/43.Lesson43.pdf>>

Discussing How To Restore the Early Church: Lesson 48. Gatekeeping— Spiritual Triage  
<<http://www.restorationministries.org/pdf/RTEClessons/48.Lesson48.pdf>>

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