Thoughts by Reverend Victoria Ney 9/30/20

You know what I was thinking about the other day?  We never got to select our birth place or our birth date!  We didn’t get to choose our parents or siblings or any other family members, for that matter.  There are many things in life in which we have no choice.  But the greatest activity of life is well within our control.  We can choose what we think about.

This is how Max Lucado describes it:  “You can be the air traffic controller of your mental airport.  You can occupy the control tower and can direct the mental traffic of your world.  Thoughts circle above, coming and going.  If one of these lands, it is because you gave it permission.  If it leaves, it is because you directed it to do so.  You can select your thought pattern.”

I believe that’s exactly what the wise writer of Proverbs was thinking when he wrote, “Be careful what you think, because your thoughts run your life.”  (Proverbs 4:23 NCV)

Here’s my advice for today:  If you want to be happy tomorrow, then sow seeds of happiness today.  How can you do that?  Count blessings, memorize Bible verses, pray, sing hymns (these days maybe you can hum if you’re in public with your mask on!), and spend time with encouraging or happy people.  On the other hand, if you want to guarantee a miserable attitude tomorrow, then wallow in a mental mud pit of self-pity or guilt or anxiety today.  By that I mean assume the worst in every situation, find fault with yourself, keep dwelling on your regrets, complain about everyone and everything.

You see, thoughts have consequences.  Happy thoughts have happy consequences.  Miserable thoughts have miserable consequences.

Here’s another great quote from Max Lucado:  “Your challenge is not your challenge.  Your challenge is the way you think about your challenge.  Your problem is not your problem; it’s the way you look at it.”

The world, other people and we ourselves keep messing with our minds.  It all fills our “sky” with airplanes that carry nothing but fear and anxiety.  Once again, as ground control for our airplanes, if we let them land and upload their nasty cargo, we’ll be filled with doom and gloom.

Just remember, you have a power that cannot be defeated.  You have God on your side.  So “fix your thoughts (fix your minds) on what is true, and honorable, and right and pure, and lovely and admirable.  Think about things that are excellent and worthy of praise."  (That’s what Paul wrote in his letter to the Philippians, 4:8.)

Turns out that the most valuable weapon against anxiety weighs less than three pounds and sits between our ears.  Our minds.  Fix your mind and thoughts on the power of God.  Lay claim to every biblical promise you can remember.  Grip them like the life preservers they are.  Guard your thoughts and trust in God.

Will you pray with me?

Almighty God, we claim your power today to help us take control of our thoughts.  Help us to trust you, to rid ourselves of fear and anxiety, doom and gloom—and look only to you—the author and finisher of our faith.  Thank you for your spirit that helps us in all situations and gives us the strength we all need.  We pray in His name.  Amen.