

Hello everyone and welcome to this episode of transformed you. My name is Mark DeJesus. I'm here with my amazing wife, Melissa. It's great to have you. Ready to get into this? Let's do this. This is a good subject to tackle when it comes to the issue of thoughts. We're doing a whole series on transforming your thinking. This one in particular is one that every believer needs to know and understand. We're talking about the four sources of thought. We'll get into the fourth one in our next episode where we talk about thoughts that come from God. We talk about thoughts that come from people who influence you, come from your interactions, inactivity with the world around you, but we also want to get right into a very significant place that thoughts can come from and that is your enemy. We have a spiritual enemy and the Bible talks about a wrestling that we have.

There is an enemy, his name is Satan, the devil, but we're not. When the Bible talks about wrestling or resisting the devil, the devil is just one guy. We're really not just resisting resisting his army. Right, and the thing that I really want to give in a clear way, but in a very practical way, because when it comes to the subject of spiritual battles, we make it so a mystical or theoretical. It's so complex that we don't follow the foundational truth of understanding. You can just receive a thought from the enemy, and I teach this to people all the time. Spiritual warfare one-on-one really comes down to understanding where our thoughts coming from and we have to understand that the enemy can give you a thought. It started from genesis. We're sitting gave Adam and eve a thought that came into agreement with it. They acted out of it at least access of the enemy to our thinking.

We see in the Old Testament these little windows into enemy access into people's thinking like King David or saw you see these moments, but really when Jesus came on the scene, he erupted and really expose this war that's going on. And uh, Paul began to help see us. That we're not wrestling against flesh and blood. We're in this battle. We're in this warfare that's going on. What's the warfare? It's the thoughts that you're listening to, so I want to off the jump reemphasize that when it comes to thinking because thoughts form how we believe, see, act, live the form, how our lives pan out, the thoughts that we give attention to, we have to realize not every thoughts our own and when it comes to the subject of negative thinking, disempowering thinking, sinful thinking, bad thinking in general when you read about it online, we treat it as a subject as like, these are your thoughts, this is you.

You're the problem, right? So change your thinking. I get the chance to thinking part, but we need to do a little more clarity that because a lot of people are battling troubling thoughts and their first response is why am I even having this thought? Yeah, right. Oh, big time. So they don't understand who they are. So they think because they have a thought rising up, they think this must be who I am. Right. That's a great point, right? This comes from somewhere within me. That is me. You know, Jesus did talk about out of the heart, the mouth speaks, but that's not talking about just the thought appearing. We have to recognize that the enemy can give you a thought and these thoughts that seem like they come out of nowhere or that you know, I don't know why I'm having this thought. No, there's intentionality.

Just like in war when an army or military sets a strategy up against another country, there is a war that we are engaged in and the war is what thoughts are going to systematically prevent this believer from being able to be productive, to be fruitful. Satan is called the accuser of the brethren, so his target is actually Christians and his assignment is in the realm of thought to get agreement with certain thoughts that will then create limitations in your life and keep you from being able to achieve and and, and receiving and manifest the destiny God has for you. So those thoughts come well. How do we know the songs come? Because we feel them. Every thought has a corresponding emotion. You don't have emotion apart apart from thought. And so these thoughts really come down to a couple things. Steal, kill, destroy, right? That's the end result.

Yeah. And these bad thought patterns are ultimately moon maneuvering us into making bad choices. And then we're self beating. Why am I doing this? Why do I feel this way? Why do I keep thinking like this and egg? Ultimately all it does is just point arrows back at ourselves and the enemy is going, I'm good. I don't even have to touch this person anymore. I dropped some thoughts and they are attacking themselves and having a good old time.

Yeah, that's right. I think that's the first level that we need to address when it comes to this is that most of the time we're beating ourselves up so much over the thoughts and battles that we have internally and we have to start recognizing this is not me, this is not me. This is a another kingdom that seeking for agreement in my life and I have the power in Christ Jesus to say no to this. I can overcome. It may take some time, it may take some learning. It may take some healing, but I can overcome this, but the first round were already taken out because we're like, what's wrong with me?

Why can I get my thinking together? And I've mentioned this in previous shows. I didn't even know. It sounds simple and basic. I don't even know. I had a thought life. I just thought this is me. I make bad choices. I will always choose this. This is how I think this will be achieved. This is how I feel. I don't know how I would sit there. What is wrong with me? What is wrong with me? Why do I think this way? Why do? And it took me really cracking open the word and when you and I started dating you putting language to what? What is this that God is teaching me here. Oh, okay. There is an enemy that wants to take me out, doesn't want to see me be fruitful, doesn't want to see me walk in the identity that God created me. He doesn't want to see me receive love from him and love myself. Oh, okay. Now I can start getting armed up.

That's right. Otherwise, like I said, we, for me, I was like, what's my problem? Right? And I didn't realize in separate out, no, this is anatomy. Romans seven was helpful for me because Paul said, he said, when I sin, it's not me doing it. And when he was, when he was saying that he wasn't meaningful to say, you know, it's like the guy that cheated on his wife and he said, no, it was the devil, right? It's like, no, that's not what he's saying. He's not advocating responsibility. He's, we come into agreement, we need to take responsibility for what we come into agreement. What he's doing is clarifying spiritual vision of like, this is not who god made me to be. There's something interfering is coming in the way that releases us from condemnation now and now we can begin to look without guilt, shame, all that stuff that we battle and look and I like to encourage people look at, you know, it's Kinda like, it's Kinda like the picture of my mind is almost like, um, what do you call those places where you look up at the stars in those buildings? Um, oh my gosh,

yeah, it's an m word for planetarium,

planetarium, the planetarium to look up, like Kinda like look at like, okay, what's the thoughts that, that I'm not

letter over me that are. Yeah, right. That's the invisible war ranking for

what am I listening to? What's the thoughts? Another thing I'd like to help people do is what's the narrative all day long? What's kind of like my triggered response to certain things. Yeah. And then like, then as you grow, you start to realize underneath there's deep rooted, um, thoughts that are not of God that drive your life and they hinder you and we need to start becoming more aware so that then we can start cleaning out and establishing new thought patterns and getting rid of those other ones. But I think

that we have to first clear out the condemnation. Go, man, this isn't you. So no matter what thought you have, it's a thought. It doesn't, you don't, you don't have to come in alignment with it as your identity to start being more aware that like, because when the enemy speaks, he doesn't go on. I'm fear and you must listen to me.

It actually comes as though it's your own thought, comes into your own voice and it comes as your own perception so that you just kind of go into that lane and start, ah, how dare that guy do that to me. I can't believe you would even want to do that. Do you know what I tell you what that guy deserved? Or Man, I really, I don't think I can handle this. This isn't going work. You know? Oh My, you know, fear, fear, fear. Well, I better worry about this. Uh, you know, there it becomes a, it becomes an inner dialogue of me and it's important to be more aware to say who's talking in the airwaves because your thief comes to steal, kill and destroy. He's the father of lies, right? Jesus said, your father is the devil, which that's a great sermon right there, right?

Your father, the devil. He says, your father, they said our father is Abraham says, Nah, your father's the devil. What was he meaning when he was saying that? He was saying that the source of how you think comes from the enemy, the source of how you think comes from Satan's kingdom. He was exposing the genesis of their thoughts, how they were living, how they had strayed from the heart of what God intended the walk with him to be and gone into another way. Um, I remember the story where Jesus talked to Peter and they're having a conversation and GE and Peter says, an innocent thing, seemingly innocent of Jesus, you know, we don't want this to happen to you, and he looks at him and goes, get behind me Satan. Right? Why is he saying that? Why is he making that statement? Was he calling Peter saying, when you're saying you're saying what he was doing in that moment was he was switching into spiritual lens and helping Peter to recognize the source of his thoughts.

Right now, I don't necessarily advocate you tell your wife that get behind me Satan, but in that moment it's helping us to understand there's a thought Peter got and see the thoughts. The enemy give aren't just like blatantly deceptive lives. They're like subtle deception, and for Peter it was, it was a thought of preventing the mission and assignment of what Jesus came to do, so the thoughts are not just blatant like you're going to die or or go lust after this person. Many times their underlying thoughts that go undetected, no one listens to you. You have no worth. Be Afraid. You better worry. You need to do life on your own. People aren't going to look out for you. This isn't going to work out. That last thing is going to happen again. That's the kind of stuff that floats underneath the radar that we just kind of lean into because it doesn't. It doesn't cause a ruckus right now, but over time will cause me a lot of trouble and the thief will have his work. So when the enemy's coming to yes, he'll give you a bold face lie. Those are easier to detect, but he'll also give you statements that are lies wrapped with facts. Right? Does that make sense? It

totally does. And you know when you start to go, okay, all right, I'm recognizing my thought. Life sucks. I have all these things coming at me that are ultimately either a winding me into bad choices or just really obsessive thinking because I think we're seeing this on the rise. A lot of you listening or watching can relate. You have very obsessive compulsive. That's a big thing that people are getting diagnosed with. Analysis, OCD thinking. We're having these thoughts bombard us that we can't get rid of. Back to your original point of, Oh, I had this thought, this must be me. Ruminating on it, ruminating on it. We have to start putting stuff out on a on a on the wall and going, okay, is this something God would say to me? Is this something God would say about me? Which brings me to back to your early words about removing the condemnation and I think it would be really helpful just if we would promote the books that we

have because I think as we're doing this and we're getting illuminated to, okay, my thoughts, they kind of suck.

Where's all this coming from? Okay. Maybe it's generational stuff like we talked about in previous episodes, people around us, what have you, wherever it's coming from, the enemy, the enemy, the enemy, using people. I'm being bombarded. Stuff that's not who God created me to be, but in the midst of that, as we're getting rid of those, we need to fill it with good things, establishing our identity, understanding God loves us as our father because we don't know those things, so great resources as we're getting illuminated to go, okay, there was a battle over me. There's a battle over my thoughts. I have a lot of stuff hitting me, but I need to make an exchange with that and I think that's where the resources of God loves me and I love myself. Experiencing God's love as your father are great resources to then fill as we're going, okay, that thought that I am not worth hanging out with my friends.

They don't want to be around. It's simple things that start over time to just dig away and dig away and dig away, and if we were to get really honest and trail these things back. A lot of these things started when we were little kids. We weren't given a, we weren't, didn't have great things spoken over us, right? You know, a lot of us don't come from our parents, like your era, a dearly loved child and I love, you know, we don't know what that feels like and sounds like. So now we're being bombarded with all these bad thoughts. What do we do to replace them? So I want to put that exhortation. Yeah,

the journey of growth in our thought life is really making the exchange in trading fathers. We're trading, we're trading, listening to the father of lies to listening to our father in heaven, and that takes time. Even though God has said, I fully receive you, we have to learn and, and the thing that I'm encouraging people over and over again is in your thoughts, avail yourself to the learning and fine tuning because the voice that I attributed to God 20 years ago, I look and go, wow, there was another father in there contaminating it. Right? It's okay. We're learning and as I grow in the nature of who God is, I learned to weed out more and more of the enemy's voice because I find the greatest thing he does. Again, he's the accuser. He wants to get accusation in there. So he'll even use accusation, condemnation to appear as God to appear as an angel of light.

Wow. You know, when we think of like he comes as an angel of light, we think of like false religions. We think of like a complete doctrinal errors, right? We don't think of like just those condemning voices that are not of God accusing us overstaff or getting us lost in certain distractions or things at God's not in and he's not even addressing at this stage in your life. But the enemy has a list of all your flaws and failures and keeps promoting, promoting, promoting. And um, so I find that that whole father imagery that Jesus brought, you listened to your father, the father of lies that believers. As we're coming in, we're making the exchange of fathers that like, I'm, I'm being aware there's a battle. And even that, I'm learning more and more to make the exchange from a guilt father a father puts guilt into a father of grace, a father who every time I talked to him, he has something to tell me to correct me. Right? Or ignoring you. Father, he doesn't bother, doesn't listen,

father isn't the enemy. Loves that. If you're a trained, because we've talked about this so much and hammered it, we have to get healing. It's not to beat up our earthly dads, but we need healing and fine tuning because ultimately that's how we end up seeing God. That's how we hear from him. Talk to him, relate to him, you know, so we have to get that, that thing healed because he is talking and he is speaking and the enemy will, oh, he'll take that opportunity when you think you're not hearing something because you got some Yuck in the way. And Oh, well he'll tell you something.

Yep. I think one of the biggest goals of the, uh, the war that we're under in these thoughts is to create a sense of not only deception, but a sense of separation. So if there's any to create a sense of distance between you really receiving the fullness of what God has, a sense of separation and you being able to delve into the fullness of who you are, uh, so beat yourself up, be hard on yourself, numb out, check out, whatever. And then the ultimate manifestation is that in relationship exchange, there's now certain separations. I keep flourishing and keep happening and keep taking place. The ultimate goal is that divisive separation kind of war to take place. And that's really what accusation does. The accuser of the brethren, the form of accusation takes on different forms. You know, some of the predominant ones are fear based thoughts, rejection based thoughts.

That's why we have this and this entire book and course that I've gotten help people because this is the foundational battle of, of creating a sense of separation. And then you know, my fear materials and then what it means to love yourself as God loves you. And you're right. This foundational book, experiencing God's love as your father lays the framework. I've got to tune in more from my heart what it means to relate to a god who is good at God, who is love. Yes, he is holy, but I need to establish that fathering relationship because that's how he works with us. He is not a holy God that operates with us as a dictator or a task master or a drill sergeant. He is a father and he operates out of who he is, right? That's what Jesus came to lead us into and help us understand so that helps us tune the frequency, but I think that that's one of the big exchanges I find myself over the years is who I see God as father. Now in my life. It's so much more empowered. I am looking forward to 10 years from now of how much more because there are thoughts I listened to today. I just want to help people understand there are thoughts I listened to today. Ten years from now, I'll look back and go, oh, look at that. I was listening to the enemy on that one. Isn't it so true, but I'm still ignorant,

right? That's okay. Right? I think with some thought that has helped me to, is to to really

come to understand that God wants intimacy with me. He wants that relational intimacy with me. Then ultimately I can have that better with you and those around me, right? Well, the devil, Satan, Lucifer had that at one point and because of him trying to exalt himself, he lost intimacy with God. So what is he trying to do? Make sure that no one else has it right, and that was a big thing for, oh wait, okay, so I could be having this thought which spins me out for hours. Where is that taking me out of really my true identity? Any intimacy and connection I would have with God because he don't want me to have it.

Right? Well said. Well said. Awake, awaken your discernment, Awaken Your spiritual senses and arm you up so that you don't have to just be a victim to every thought that comes by the the, the responsibility of taking thoughts captive, the decision to choose which thoughts you will agree with, which you won't. That is a decision you have to make God put you in charge of the checkpoints. Now it's easier said than done, especially when we've not been taught. And I spent a great majority of my life never taking thoughts captive.

I was just like, whatever. Hit me. And then when I first started I was like, this is exhausting, right? Right. And then I realized, wow, this is just a muscle I never exercised. And then once I skipped over that verse two, taking every thought captive, every thought, every time

I thought even the good ones, right? It's okay. God's not. God's not threatened for you to take a thought and go, hey, and this is the thing that I want to encourage over and over and over and over and over again, if you want to be healthy, the best way you can be healthy is to take thoughts that you have and learn to exchange them with other people that want to be healthy and let them look at them where you

can grow. Because there may be some God's stuff in there, but it can be tainted with enemy interference. And, and, and, um, the more I make room for that, then I saw her powerful place. So we hope this blessing to your life, um, we'll see you in future episodes, but we pray that this episode's add value to your life. If you're encouraged by a, please take some time to consider donating. You can go to mark to hasten [inaudible] dot com. Click on the donate button on the top. You can do a one time donation or consider becoming a part of our monthly support tribe where you'll have access to more resources and things. We want to equip you to live healed in free. So take the opportunity to get equipped and we'll look forward to. We'll look forward to next week's episode with you. God bless you guys.