

## What WE think ... WE are.

Ian Ridpath *Three Cord Ministries*

When God created us, He gave us a **body**, a **soul** and a **spirit**.

When we confess that Jesus is the Son of God, is Lord in our lives and that He died for our sins, past, present and future – He gives us a new spirit called **Holy Spirit**.

When we were saved, the Bible says that we became a new person - a new 'man' and the old 'man' was put away. (2 Cor 5:17) (NIV)

But we didn't get a new body did we - although many of us wish we did. Nor did we get a new soul - even though some of us wish we could behave differently and have more talents or stamina.

What was new that we received?

We received a new Spirit.

So what about these old bodies and these old souls?

These **bodies** are that 'tent' that Paul talks about that houses our physical makeup – our arms, legs, our head etc.

Our **souls** allow those bodies to function, our heart to beat, our lungs to breathe and it also allows our minds to think.

***But what we think ... that is different.***

Our thoughts are influenced by all manner of external things like our past experiences, our education, our physical health and our mental health.

As Christians our thoughts should **be controlled** by the spirit that is within us, that is **Holy Spirit**.

As Paul wrote ["We should have the mind of Christ"](#) (1 Cor 2:16) and again ["We must take all thoughts captive to the obedience of Christ."](#) (2 Cor 10:5) (NIV)

Does that mean we are **to be Jesus**? No, I believe we are **to be LIKE Jesus**.

When the world presses in, squeezes us so-to-speak, what comes out of us?

Does sweet tasting juice come out of us or does vinegar come out of us?

The Bible says: ["if we are controlled by the Holy Spirit we will show forth the 'fruit of the Spirit'"](#). (Gal 5:22) (NIV)

That is we will show forth ...

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control.  
(Gal 5:22)

Is that what comes out of you and me ...

When someone speaks harshly to us?

Or when someone doesn't do what we ask?

Or when someone has the TV too loud?

Or when someone doesn't get out of your way in the hall?

Or when family and friends don't come to visit as often as we would like?

A good test for me is when I am on the highway and someone cuts me off or tries to pass me when I am already going faster than the speed limit.

Oops – that shouldn't have come out!

How about the next time someone disappoints you or criticizes you or talks down to you. How do you react?

What do you think? Because what we think, we are!

Do you excuse them or say: "I'm sorry for being in your way".

Do you ask them: "Can I help you in some way to get to where you are going in such a hurry"?

The battles of life or the 'battlefield of life' is truly a battlefield of the mind.

Someone out there, named Satan or the deceiver or the Serpent, doesn't want us to think good thoughts or think about how to be more loving, more joyful, more patient, better, more faithful or have more self control.

He wants us to be angry and negative and unhappy in your situation.

God wants you to be a light salt to those around us and it all starts in our mind – in our thinking.

We are what we think!

Let us pray.

Jesus, we ask you to renew our minds, to renew our thinking processes so that when we are squeezed by this world, we will produce the sweet nectar so those around us can drink of it ... YOUR love, through us.

Bless us today with a new heart and mind.

In Jesus name,

Amen