



Scripture nugget - Setting our minds in freedom of truth

That is not how you learned Christ, assuming that you have heard of Him and were taught in Him, as truth is in Jesus, that you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth (Ephesians 4:20-24).

Discerning the origin of our thoughts. We do not accept without question the thoughts that come into our head as our very own. From faith, we know that bad thoughts are temptations from the Tempter, whilst loving ones are from the inspirations of the Holy Spirit. The Evil One is very cunning and will leverage on the weaknesses of a soul. For example, if a soul is alone and inclined to feel sad and lonely, the evil one will implant in his mind suggestions that life is meaningless. Thus, from the nature of the hidden intention behind each thought, we may discern the origin of our thoughts. Thoughts that are against charity and purity are encouraged by the Evil One. Examples are impure and judgmental thoughts and thoughts recalling the faults of others. Other temptations of the mind include thoughts that feed our ego and pride such as in seeking popularity or esteem from others.

Discipline and faith help us keep our minds routed in truth. St Paul tells us that the wisdom of the world is foolishness in the eyes of God (cf. 1 Corinthians 3:19). If we do what the world wants us to do, we would be esteemed in its eyes. However, the spirit of the world is deceitful and leads to the earthly and oftentimes sinful gratification of the body, ego and senses. Deceitful desires lead us to sin and deafen us to the calling of the Holy Spirit which by Its holy inspirations works on our sanctification to make us ready for heaven. Scripture tells us that if we live according to our fallen sinful nature we will not attain eternal life but if we are led by the Spirit of God, we will be children of God (cf. Romans 8:13-14). If we discipline our minds, reject anything that is unloving and do not allow bad thoughts to dwell in our minds, we can break the subtle temptation of our minds. Ideas, thoughts and human opinion against the truths of God if allowed to persist in the mind over time can become a rigid mindset that opposes God and anything God stands for. However, these spiritual bondages of the mind can be broken by prayer. Knowing our enemies are spiritual and that the mighty power of God's grace is available to us through prayer, we can destroy, in the Name of Christ, all arguments, mindset, false ideologies, distractions and every pretension in our minds raising itself against the truth and knowledge of God and subject our every thought in obedience to Christ and be rooted in the truth (cf. 2 Corinthians 10:4 -5). The real battle between Christ and Satan is in the hearts and minds of souls. God is always on our side and the mighty power of His grace available to us through our prayer.

Conversation with Jesus: Precious Lord, I consecrate my mind to You. I ask You to purify my mind with Your Precious Blood so that anything which opposes God and His truths will be cast out forever. Fill my mind with God's light, God's truths, knowledge, understanding, holy wisdom and discernment. Overflow me with Your Spirit. Help me subject my mind to holy discipline. Your Word is Truth (cf. John 17:17). Give me the grace to study the Word, meditate It and live It. Help me seek the things that bring me closer to the glorious, eternal inheritance that God has prepared for me in heaven. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.