

Who Told You That? How do you know whether to keep it in or cast it out?

Here is a simple test for each thought. Read John 10:10. Does the thought give life or does it kill, steal and destroy? This is how you discern where things come from, whether thoughts, actions or deeds.

Pray and ask the Holy Spirit to help you discern all thoughts, instantly. Repent of any wrongful ones and when they try to come again – cast them down and out in Jesus name. Think on Jesus instead, who He is and what He has done for you!

Selah Bull

"Selah - means think on it!"

Sit down and think about it!

King David often ended his Psalms with the word Selah. In other words, let it soak in and gain revelation meaning in your heart and life.

Why? Because what you think on - you are likely to become!

Renew your mind (Romans 12:2) - it will renew your life

Think on these things.....(Philippians 4:8) - what is holy, pure and true - God's words and ways!

What are you thinking on?

Be careful what you think on - for it will affect your heart and your life. Test yourself against these lists and discern where these thoughts come from - they can come from either camp God's or the enemy's.

Worries, Fear, Anger, Pride, Envy, Jealousy, Getting Even, Retaliation, What you want - Selfishness, Cursing, Loneliness, Criticism and so on...

Peace, Love, Joy, Doing Good, Mercy, Helping Others, Complimenting, Blessing and Showing Compassion to all and so on...

This is why God says, hold every thought captive (in other words, don't believe it, speak it or keep it) until you discern where it comes from. If it doesn't line up with God's word and His ways - return to sender - out of your life and mind before you become it.

2 Corinthians 10:4-5 (NKJ)

Test every thought by asking yourself—who told me that (God or the devil)?

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