

Redirecting our thoughts & priorities

December 26, 2022

PSALM 32:8 (NKJV) - (8) I will instruct you and teach you in the way you should go; I will guide you with My eye.

Lust is any strong desire; sinful lust is desire for something that God has forbidden. Lustful thoughts produce lustful actions, and lust acted upon always leads to devastation. Wicked actions begin with lustful thoughts, so it is important that we get rid of such thoughts as soon as they arrive.

To get rid of lustful thoughts, we must first define our areas of greatest temptation. Lust is not always of a sexual nature. Greed is lust for money or power. Envy is lust for the popularity or position someone else holds. Coveting is lust for anything we do not have. Lust starts with a thought. While we are not responsible for every thought that enters our heads, we are responsible for what we do with those thoughts. When we hold on to a thought that we know is displeasing to God, it can quickly become sinful lust. The desire grows until it creates dissatisfaction with our current situation. Lust imposes upon us the belief that happiness and contentment are impossible unless we have what we want.

We can get rid of lustful thoughts by replacing them with thoughts that are “true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise” (**Philippians 4:8**). We must “take every thought captive to the obedience of Christ” (**2 Corinthians 10:5**). We must repent of entertaining lustful thoughts and ask the Lord’s help in redirecting our thoughts. If the lustful thoughts we are trying to get rid of involve another person, we can defuse their power by turning those thoughts into prayers for the other person’s well-being.

Memorizing and meditating on Scripture is also a good way to avoid lustful thoughts and renew our minds as **Romans 12:1–2** instructs us to do. Keeping worship music playing in our ears also focuses our minds on that which is good, pure, and beautiful. A Christian’s life is to be one of ongoing surrender. As we daily surrender ourselves to the lordship of Christ, He helps transform a sinful thought life into one that pursues Him. Lustful thoughts invade all of us from time to time, but taking authority over them, rejecting them before they take root, and seeking God’s help can give us victory.

I am aware that mankind will read this meditation and deny that what is mentioned actually works. “Christ can!” But you must want it just like we wanted what we lusted for. Allow Christ to redirect your thinking and make Him the priority! Not next year, but now.

SCRIPTURE READING

2 CORINTHIANS 9:8

THOUGHT FOR THE WEEK

When we bring our will into agreement with God’s will, we learn to see a person as He does, not as lust does.

“A JOURNEY OF THE HEART”