

Thoughts, Emotions & Words - By Laurence Torr

Your thoughts and emotions and words working together will produce powerful results in your life, negative or positive.

For those of you who have listen to the faith and confession seminar which is on my website, you would have learnt that our words are very powerful and creative, and that our words frame our world. What we believe and continually say will produce fruit in our lives negative or positive.

We learnt that death and life are in the power of tongue.

Proverbs 18:21 Death and life are in the power of tongue and those that love it shall eat the fruit thereof.

The word love in this verse means to have an affection for. When our emotions are lined up with our words it will produce fruit, it will give us results negative or positive. Not only are your words powerful so are your thoughts and emotions. Thoughts and emotions and words working together will also determine the actions we take.

We know that fruit comes from seed, we can also see from this verse in Proverbs our words are seeds.

The words we want to be speaking are the incorruptible seed of words from God.

When a seed is planted it not long before we see the fruit of that seed we have sown, and the principle works the exact same with our words. Whatever you are listening too remember those words are like seed and they are being sown into your heart if the seeds of those words are allow to incubate in your heart, it becomes a part of you and affects your believing for the good or bad, those words will produce thoughts in you which eventually find a way out of your and mouth, and help you in your decision making of the action you may take.

In Colossian 3:1-2, Paul exhorts the believers to seek those things which are above where Christ sits on the right hand of God. And to set our affections on things above not on the things of this earth.

Let us take a look at these verses

Colossians 3:1-2, If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. **2**, Set your affection on things above, not on things on the earth.

We are to focus on things above who we are in Christ what we have received, who we are now, we are righteous, we have authority, we have constant access to God, the things which are above this is where we rule and reign from, we have direct access to God we are in His presence, we are holy and without blame before him in love, we are now a new creation in Christ, heirs of God and joint heir with Christ, our Newman cries out for whatsoever things are true and honest, just, pure and lovely and of a good report, we are exhorted to think on these things. **(Philippians 4:8)**

Whereas the old man attention and affection is embedded with that which is earthly sensual devilish. That is the old man nature default.

Back to Colossians 3:2

Colossians 3:2 says set your affection on things above, - the word affection means to exercise the mind, to think carefully, to interest oneself in.

Your affections are in the inner most part of your heart where believing comes from what you believe and hold dear too, we are to interest ourselves in the things above not on the things of this earth.

Let's look at a couple of more records to understand the affections.

Romans 1:31 Without understanding, covenant breakers, without natural affection, implacable, unmerciful

Paul talks about those without natural affection the affection here means, to (cherish affectionately on the negative side) hard hearted towards kindred

The word affection in the book of Titus means the same thing

Titus 3:3 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,

Without natural affection - the affection here means, to (cherish affectionately on the negative side) hard hearted towards kindred

2 Corinthians 7:15 And his (Titus) inward affection is more abundant toward you, whilst he remembereth the obedience of you all, how with fear and trembling ye received him.

Inward affection refers to the bowels the intestine figuratively pity or sympathy or tender mercy.

Affections Involve the mind, the will, and emotions - its Long-lasting, and Deep, and Consistent with beliefs we hold, which Always result in action,

Affections are always the fruit or effect of what the mind understands and knows. Affection -definition loving: feeling or showing affection,

Emotions are intense feelings, with physical as well as mental manifestations. Fleeting, Superficial, sometimes overpowering, often fail to produce action, Feelings (often) disconnected from the mind and will,

A Primary Emotion is Love a Secondary Emotion is Affection

Colossians 3:5 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

inordinate affection – lust affection - passion

so, we can see a connection with what we believe in the depths of our heart with passion or affection, we will talk that way and live that way. And it will all produce fruit. Negative or positive. We see what we hold dear to will become a part of emotions.

When we truly believe a thing, it becomes a part of us, that is why we must be careful to what we listen to and believe to be true. Negative words we receive and constantly listen to and repeat become embedded in our hearts and attached to emotions,

Your thoughts determine Your Actions and how you feel, and the words you speak and your decision making. Negative Thoughts of uncertainty, and lack, our future and relationships and finance produce worries, fears, and doubts,

Fear is a feeling induced by perceived danger or threat that occurs in certain types of organisms, which causes a change in metabolic and organ functions and ultimately a change in behaviour, such as fleeing, hiding, or freezing from perceived traumatic events. ... An irrational fear is called a phobia

As an emotion "**worry**" is experienced from anxiety or concern about a real or imagined issue, often personal issues such as health or finances, worry is a response to anticipated future problems.

Doubt. ... The word 'doubt' can refer to the cog-ni-tive process, as well as the negative emotion it sometimes involves. If someone is trying to decide whether they feel like having cheese or jam on their toast, they are cog-ni-tively doubting, but probably not experiencing a negative emotion.

Worries, fear and doubts limit the actions you would take in a situation where you have worry, fear or doubt.

But a positive mind filled with faith broadens the actions you can take.

Positive thoughts produce in us excitement, expectancy and faith, happiness and it gives your confidence and improves your mood.

Our thoughts also have an impact on our bodies. When you are excited about something you wanted to get up and start moving, great inspiring idea's come to your mind, and you start planning your day, month and year, you have a great expectation. Thoughts of worry, looking on our needs, produce in us uncertainty, a lack of energy and desire and no motivation to do anything, or with little or no desire to take action.

Your words are the result of what you have heard and believed and repeated and it get down into your heart affecting and producing your belief system.

The word is in your mouth and in your heart

Romans 10:8 But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach;

What you constantly say and confess will work its way down into your heart, and starts to form in your belief system.

God is so good, He has given everyone freewill choice and we can chose to change what we have believing and speaking and thinking, if your believing is wrong and negative and filled with worry fears and doubt, you can start to change the why you think and believe by putting on the truths of God, in your mind, we are to reckon our old man nature dead, and start living from the new man which is renewed in the knowledge of Him

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

We do not have to pattern our minds after the world any long we can be transformed (changed) by renovating our minds, we can decide what we put on in our mind and what we put off.

Colossians 3:10 -12 And have put on the new man, which is renewed in knowledge after the image of him that created him:

11 Where there is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but Christ is all, and in all.

12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;

We have to make that decision to put on the mind of Christ.

It through faithful repetition of God's word in mouth and saying what God says the transformation begins.

A man or woman with minds made up to walk in the Newman will abound in blessings, faith comes by hearing and hearing the word of and from God.

When faith comes decide to receive it and allow it to become part of your thought process we do that by setting our affection on things above, what you do and say with emotion and conviction will produce results, and our wisdom comes from God, a mind that is set to focused on God will receive His wisdom and idea's and concept's, vision and direction, and inspiration, we do not want to focus on the old man, but we put our focus on who we are now as new creations in Christ, filled with the spirit of God, it not by our own might or effort we can change by we are renewed as focus on God and begin to say and think what God says.

A distracted mind is a divided mind and divided mind is a defeated mind. satan wanted to sift Peter as wheat, he wants to do the same to the believers today, he wants to jam our mental circuits with worry fears and doubts, he want to take our focus away from God, by bringing in his half-truths and lies and traditions of men, he wants us misinformed where as our heavenly Father wants us informed and not lacking in understanding or wisdom. Watch what you feed your mind with and who you listen to.

Whatever is your heart will come out of your mouth, and you can know what is someone else's heart by what comes out of their mouth, and also the actions they take.

Matthew 12:34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

Matthew 12:35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

We decide what we are going to think about what we allow in and what we decide to keep out.

Matthew 12:33 Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit.

Proverbs 21:5 The thoughts of the diligent tend only to plenteousness; but of every one that is hasty only to want.

Proverbs 12:5 The thoughts of the righteous are right: but the counsels of the wicked are deceit.

Proverbs 21:5 The thoughts of the diligent tend only to plenteousness; but of every one that is hasty only to want.

What you focus is where your heart is

Matthew 6:19 – 21, 19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:**20**, But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:**21** For where your treasure is, there will your heart be also.

The Eastern interpretation of these verse has a deeper meaning

Here is the literal translation of the above verses

Matthew Chapter 6: 19, 20, 21 -- "Let not your thoughts be centered in material things where fears and worries breed defeat and frustration, and where the doubts break through and steal your thoughts: But let your thoughts be centered in the Spirit, where neither fear nor worry breeds defeat and frustration, and where doubts do not break through and steal your thoughts. For where your thoughts are, there will your heart be also."

When the pressure is on you can really see what is in you or someone else by what come out of you. Pressure or pleasure will always reveal the true heart. How do you react when things are not going well? It is so easy to get caught up with the circumstances we find ourselves in and so easy to make wrong choice when we listen to others or let our circumstances move us.

Many people react to their situations instead of acting in faith and with God wisdom in situations we all have done it. We can either react with the old man nature, or respond with the new man nature. If we are spending time with God, and focusing on the new man, we will respond in the right way, but if we are caught up with the hustle and bustle in our minds of the things of this world, and first response with be with the old man.

Many people shut themselves away from what is going on, and become inactive because of the things that may come up in their lives. Fear always encase us and holds us prisoners.

There is nothing wrong, taking time to get focused with God, but that does not need to be a week or month or year. Daily, with God first in the forefront of our minds and in our hearts, as believer we are to be spiritually and ready to go.

Guard your heart.

Proverbs 4:23 Keep thy heart with all diligence; for out of it are the issues of life.

God would have us guard our hearts like prison officer would guard a prisoner.

When thoughts of worry, fears and doubts arise in your heart, immediately cast them down, if you dwell on the negative it will start to impact your emotions, bring inaction and lack of confidence.

Paul encouraged the church at Corinth by saying this

2 Corinthians 10:3-5, For though we walk in the flesh, we do not war after the flesh:

4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

As spirit filled believers, we keep moving, we need to be sharp, clear thinking and focused day by day, moment by moment. God wants us to put our full focus on Him and trust and confidence in Him and His ability to perform for us. When we are walking with God not only do we pull stronghold down in our lives but also in the lives of those we minister to.

When we get God involved in our day by day living, by inviting God every day in to our situations, seeking His direction, then we can be certain that we can keep moving and moving in the right direction in a powerful and fruitful way. It is very easy to be led by our emotions, our friends or problems and circumstances that arise in our lives. Satan is master in the areas of circumstances, emotions, and whipping storms up of worry fears and doubts, he can use all three to try and hinder us and get us side tracked and full of fear and being in decisive and full of doubt so we become inactive and we retreat rather than move forward it great faith.

Jesus Christ was tempted in all things like as we are and know what we go through (Hebrews 4:15)

yet He kept his focus, He kept seeking the will and heart of the Father. In the emotional side of things, he was touched, upon hearing the news His cousin John the Baptist had been beheaded, John the Baptist wasn't just his Cousin but a great prophet and the one that prepared the way for Jesus. Upon hearing the news, He departed but it was not for long.

Matthew 14:13 When Jesus heard of it, (John's death) he departed thence by ship into a desert place apart: and when the people had heard thereof, they followed him on foot out of the cities.

Matthew 14:14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick.

Jesus kept moving, He kept His focus on the things that God had called Him to do. He could have shut shop and mourned for weeks. When it came to lack how did Jesus respond? let us look at the following verses

Matthew 14:15 And when it was evening, his disciples came to him, saying, this is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals.

Matthew 14:16 But Jesus said unto them, they need not depart; give ye them to eat.

Matthew 14:17 And they say unto him, we have here but five loaves, and two fishes.

Matthew 14:18 He said, Bring them hither to me.

Matthew 14:19 And he commanded the multitude to sit down on the grass, and took the five loaves and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude.

Matthew 14:20 And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full.

Jesus didn't focus on himself or on the lack before Him, he didn't say Oh we don't have enough to feed everyone, what are going to do? His focus was totally upon God, He trusted God and Knew God would provide for everyone, he acted in the situation He got the multitudes to sit down took what he had looked up to

Heaven blessed and gave thanks for what he did have and God multiplied the bread and fishes and everyone ate,

He could of thought, I just don't have time for this My cousin has just been killed, and beside this I just had to heal a bunch of people, no, he kept moving and kept ministering, he kept being thankful, he focused on God and the needs before him

His focus was God and others He was last. Jesus Christ lived this way right up to the end, when he was nailed to the cross after being beaten, and going through humiliation, in agony, what did He say? Well I just give up, this is not fair, I am doing everything God wants me to do, and look how I am treated did he say this? NO. He said Father for give them for they know not what they do. Jesus Finished the work he was called to do, He faced all the things we will ever face and more and He kept His focused and despite the situations, the emotions at times and the people, He kept moving. And we can do the same works that He done we can respond in the same ways He responded. It is available, we just have to make up our minds this is what we will do.

See Jesus Christ knew the joy that was set before him. This helped Him to keep focused and moving, He lived and walked in victory and so can we everyday but it is up to us to decide to act to keep moving and keep clear and concern to keep God first and seeking His heart every day,

To have our hearts filled with truth, and bring our thought and emotion and confession into harmony of who we really are as sons and daughters of God filled with His spirit, we have the His ability to do and overcome we have authority we are to say what we want not what we see, we are to put all our confidence in God. It starts with a decision.

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

God bless you

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