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Have you ever walked in a wind so strong it felt almost as if you could be blown away? But then you held onto something solid, and you knew you would not be tossed about or carried away. Sometimes life's transitions bring about challenging circumstances or pressures that try to toss and turn us about. Jobs, housing, family relationships, and even the country we live in may change. Those are situations where we can be tempted to be swept away in emotion and distress. But as God's children, we have something solid to hold onto, something to help us stand strong through any transition or challenge. We have God's Word—that solid, sure foundation we can hold fast to no matter the circumstances we may face—it is the stability of our times!

Isaiah 33:6:

And wisdom and knowledge shall be the stability of thy times, and strength of salvation: the fear [reverence] of the Lord is his treasure.

I Peter 1:23:

...the word of God, which liveth and abideth for ever.

The Word is more enduring than any circumstance. It provides stability to our lives when we hold fast to it.

II Timothy 1:13:

Hold fast the form of sound words, which thou hast heard of me, in faith and love which is in Christ Jesus.

Ephesians 6:14:

Stand therefore, having your loins girt about with truth....

Holding fast to the truth begins first with our thoughts and then with our confession, or what we say. The thoughts in our heart and our corresponding confession determine whether we stand fast or are blown about with circumstances and emotions (Proverbs 23:7).

The great thing about our minds is that God gave each of us the free will to control them. So how do we control our thoughts instead of letting them control us? We align our thoughts with God's Word so that our minds become conditioned to think His Word. We hold the Word in mind, then we never have to be tossed about with fear.

II Timothy 1:7:

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

In challenging circumstances, we can reject thoughts of fear and put the Word in mind. Then with God's Word in mind, we can confess the truth of that Word. This is how we become Word-conditioned; this is how we hold fast to the truth. Let's consider some examples.

WE PUT ON THE TRUTH OF GOD'S LOVE.

Romans 8:37-39:

Nay, in all these things we are more than conquerors through him that loved us.

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Then we confess that truth. Knowing there is absolutely nothing that can separate us from God's love in Christ, we boldly confess that "we are more than conquerors through him that loved us." We hold fast to that truth.

WE PUT ON THE TRUTH OF GOD'S SUFFICIENCY.

II Corinthians 3:4,5:

And such trust have we through Christ to God-ward:

Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God.

Philippians 4:19:

But my God shall supply all your need according to his riches in glory by Christ Jesus.

Then we confess these truths. Knowing that we are not sufficient of ourselves, we confess with confidence that our sufficiency is of God and that He is willing to meet our every need. Circumstances pale in comparison. We hold fast to those truths.

WE PUT ON THE TRUTH OF GOD'S POWER.

Ephesians 3:20:

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.

Then we confess that truth. Knowing that God is not only willing but able to do for us superabundantly according to His power that works in us, we allow ourselves to confess nothing less than what the Word says. We hold fast to that truth.

WE PUT ON THE TRUTH THAT WE HAVE THE MIND OF CHRIST.

I Corinthians 2:16:

...we have the mind of Christ.

Philippians 2:5:

Let this mind [these thoughts] be in you, which was also in Christ Jesus.

Then we confess that truth. Knowing we have the mind of Christ, we declare that we can put on the thoughts of Christ and walk in fellowship with our heavenly Father. We hold fast to that truth.

To stand strong for God and not be blown about by circumstances, our thoughts and confessions must mirror the truths of God's Word: "I am more than a conqueror through him that loved me." "God is my sufficiency, and He supplies my every need." "God's power works in me." "I can think the thoughts of Christ." We condition our minds with God's Word and confess it with boldness and confidence.

As a result, we can overcome any obstacle because the power of God's Word is far greater than all the facts facing us. When we are Word-conditioned, not circumstance-controlled, the storms of life can no longer toss our thoughts and emotions around to keep us from believing God. No matter the situations that surround us, we are assured of success and victory in Him! As we hold fast to the truth, we are mighty for God.

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