

Voices in My Head

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Have you ever wondered about the voices in your head? What are those voices, and where are they coming from? Is it your own thoughts? Is it God's voice? Or is it the voice of the enemy?

We often hear people say they "heard God's voice." What exactly does God's voice sound like, and how can we recognize it? Is it a loud, audible sound, or is it a soft, gentle whisper in your mind? First, it's important to understand that it is NOT about what the voice "sounds" like, but rather, what that voice is saying to you. God's voice does not speak of negativity, self-doubt, harm, destruction, or condemnation to you. All those negative thoughts running rampant through your mind are not of God. Those are the attacks of the enemy - Satan.

We are facing a very real battle. If you have given your life to Christ, you can be assured that you are going to face attacks. All it takes is for the devil to plant one small seed in your mind of doubt, and, before you know it, that seed has grown. Negative thoughts are overtaking your mind, spreading like wildfire, beginning to consume you. So how can you extinguish those flames right away? 2 Corinthians 10:5 says, "We are destroying arguments and all arrogance raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ." How do we take every thought captive? First, it's key to recognize the negative thoughts right away. Ask yourself, is this thought speaking life and encouragement to me? If it's not, it's not from God, but from the devil. You need to be able to recognize that it is just another one of Satan's schemes. Your mental health is so important. There is so much mental illness, anxiety, and depression in our world today. The attack of the enemy on our minds is real, and it has very real consequences. The only way you will ever become effective at taking your thoughts captive is by drawing near to God.

God the Father wants a relationship with you. He doesn't want five minutes. He doesn't want your leftovers. He wants ALL of you. We live in a world where busy schedules, activities, jobs, children, sports, laundry, scrolling on social media—all vie for our time and attention. Where does God fit in? Does he EVEN fit in? You will NEVER have time for God if you are not willing to put Him first. God needs to be your #1 priority on your To Do List EVERY day. It takes discipline and practice. Start by establishing a daily time in the morning to read your bible. Read one chapter of Proverbs every day. There are 31 chapters, one for every day of the month. Proverbs is filled with wisdom. Also, check out the book of Ephesians. It's only six chapters, but those six chapters will transform your life. It teaches all about "who YOU are in Christ." Develop a daily routine. Allow your mind to be Christ centered. Listen to praise and worship songs. Sing along, belt it out, let the tears flow. I promise you will begin to be transformed into the image of Christ. While taking a walk, you could be listening to a sermon. While working out, blast the praise music, and just allow God to minister to you. Spend time in prayer; and by prayer, I don't just mean asking God for "things." Come to the Lord in prayer, with a thankful heart. Tell him all the things you are thankful for and praise him. He did those things for you! Praise him, for he is so worthy. Ask for forgiveness because,

let's be honest, we all do something each day that we shouldn't do—whether it be a bad thought about someone, gossip, a harmful word spoken; ask God to forgive you. Pray for your family, for needs you may have, for mountains you need moved. Ask God to order your steps each day. Ask him to give you opportunities to bless others.

Now, I can assure you, as the sky is blue, that if you begin to do all these things, God WILL speak to you. It may not be a loud, audible voice, but rather, a soft gentle whisper in your mind. Listen for it. Seek it. If you are too busy to listen, you may never even hear it. God wants ALL OF YOU. But do you want ALL OF HIM?

Reflection

Be honest with yourself because God already knows the truth. We can't hide from him. Are you making space for God in your life? Do you take the time to listen to what He may be saying to you, or is your mind swirling with negative thoughts?

Application

What changes can you make to your daily routine? How can you include God in your everyday life? Where does he fit in? Can you give him fifteen minutes in the morning? Can you change the station in your car to praise and worship? Can you start praying earnestly? You don't need to start big, unless you want to! It doesn't need to be overwhelming, and God doesn't want to be a "chore" for you. I encourage you to seek Him, and if you do, you WILL find him.

Jeremiah 29:13

And you will seek Me and find Me when you search for Me with all your heart.