



September 2022

*"As a man thinks, so is he" – Proverbs 23:7*

I spent the month of September exploring my mind – as in literally thinking about what I was thinking about. I have since learned that my behaviour really is informed by my thought patterns. It all starts with my thoughts then slowly filters into me acting out those thoughts. As someone that has anxiety and insecurity issues about my gift, I am constantly wondering about things that probably grieve the Holy Spirit.

I have been through things that are clear indicators that God loves me, yet I still battle with strongholds that the Holy Spirit is helping me to breakdown by creating boundaries. I have the victory, yet (sadly) my mind is yet to catch up to this fact.

Boundaries are hard and complicated because they include denying who we always felt we were, to embrace who God says we are. I am learning to create filters that make sure I discard whatever contradicts what I believe God says about me.

I am created in His image – FACT (Gen 1:26-27)

I am useless – LIE (Jer 29:11)

I am the righteousness of God through Christ – FACT (2 Cor 5:21)

I am unlovable – LIE (Jhn 3:16)

I pray that you may allow the Holy Spirit to teach you how to create mind boundaries – the battle is REAL!

Be and Stay Blessed Always!

