



The Grace Whisperer

Are you frustrated trying to change? I know because, at some point in time, every believer in Christ constantly finds himself a slave of his own negative thoughts, which produces negative emotions, which finally produces negative behavior.

It can be discouraging after you've done everything you could to change only to find out it hasn't worked. You then hope that one day Cesar Milan, *The Dog Whisperer*, would switch species to start rehabilitating humans.

Hang on, there's hope for you. I believe you will be empowered to walk in positive thoughts and emotions, not because you will beat your weakness's strength over you, but because you are under grace and not the law.

Romans 6:14

For sin shall not have dominion over you, for you are not under law but under grace.

The main reason why believers in Christ find it hard to change is because the way they view a change-of-thoughts-and-emotions-and-behavior is still under a system of Law. What I mean is they are still relying on self-help because of self-efficacy to try to change.

Now, don't misunderstand me. I'm not saying we will get to a place where we will never experience weaknesses. To some extent, we all go through negative thoughts and emotions in some point in our life. But the question is: What do you believe about yourself once you have acted upon your negative thoughts and emotions? It's important how you deal with yourself at the end of the day and what you believe about God and yourself when you've blown it. That's foundational towards experiencing a true heart-transformation.

Before we can really start to experience victory in the area of our weakness, we need to address the lies that constantly whisper in our ear:

- “That's just the way I am. I can't help it.”
- “I'm like this because of my circumstances.”
- “It's another person's fault I'm like this.”

These are lies that will keep you defeated. You've made the decision and willfully chosen to act on your thoughts and emotions. Taking personal responsibility is the first step towards freedom.

The good news is Jesus paid a high price to give you a new identity, regardless of what circumstances you're going through, people do to you, or feel in your emotions. Know that through Christ, you have been set free from negative thoughts, emotions and behavior. In other words, being sober-minded, emotionally stable and expressing positive emotions is your new

reality because Jesus took all your negative thoughts, emotions and paid for all the acts of bad behavior of your entire life. Your new identity has been purchased through His blood.

Psalms 69:20

Reproach has broken my heart, And I am full of heaviness; I looked for someone to take pity, but there was none; And for comforters, but I found none.

The sum of all your negative emotions was experienced firsthand by Jesus at the cross. All your negative thoughts and emotions imploded in the mind and heart of your Savior. All the screams at the cross were reactions to such heaviness in His heart just to set you free.

A great man of God makes this interesting point:

- The greatest negative in the universe is the Cross, for with it God wiped out everything that was not of Himself: the greatest positive in the universe is the resurrection, for through it God brought into being all. – **Watchman Nee**

Secondly, know that you are stuck with your flesh for the rest of your life. Controlling your negative thoughts and emotions will be like controlling a wild stallion for the rest of your life. Might as well quit now and give up your self-effort. Your flesh will never improve. You can be successful in controlling it by effort, but whatever you receive by effort is maintained by effort. It will take heavy-laden work and a constant, never-ending battle because flesh will always be flesh. There is no true liberty in such ways.

Rather, you will start walking out who you are in Christ. As you discover who you are in Christ, you will give way to the Spirit, effortlessly, and you will see a radical transformation take place without constant effort. It will be a free flow from the Spirit.

Hebrews 13:9

...for it is good for the heart to be established and ennobled and strengthened by means of grace (God's favor and spiritual blessing)....

The answer is, God's Grace will establish and ennoble and strengthen you. But is it by controlling negative thoughts and emotions? No. The world thinks that way yet no everlasting change. Rather, listen to sermons that will point you to His Grace, so you may behold Jesus. Sermons that reveal to you your new identity in Christ, which the sum of it comes down to this:

- You are the righteousness of God in Christ Jesus, eternally, as a gift.

Foundation for true change: When you begin to experience negative thoughts or emotions or bad behavior, continue to believe that you are still the righteousness of God in spite of your weakness. Daily, remind yourself, speak it out loud, and meditate on it with a Bible verse.

Lastly, it's only a matter of time before there will be a change of person from the heart-level and not just a behavior modification. Make sure you guard your heart from despair. Amen.

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