**Virtual Reality**

Fear is an enemy to faith and without faith it is impossible to please God. As He’s calling us to ‘walk with Him in faith” we must look at the enemy coming against our faith.

Since the spirit man is perfected, it’s the soul area we look at in regard to faith. What, if anything, is hindering? Most everything is rooted in fear. Failure, submission (pride), fear of death, fear of abandonment, fear of loneliness, fear of the future, worry, anxiety, dread…all fear. Even things like jealousy, selfishness, and competition are anchored in fear.

The Father loves our whole being and wants us to walk in wholeness…spirit, soul and body. Therefore, we must care for the soul just like we should care for the body and spirit

We are to be led by spirit…not soul. Spirit leads soul and body and that is what this is about. Burnout, disappointment, fatigue, bitterness….. can come when we just care for the spirit but forget about the soul or the body. Care for whole being. God’s Generals book…many didn’t finish well because of a soul issue.

3 John 1:2 “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

—Prosperity and health in this passage are connected to the soul….not just your spirit. Caring for the soul is important.

Managing the kingdom that is within you

Focus on Your Mind and Your Thoughts-

“Learning to control your thoughts instead of allowing your thoughts to control you is probably the single greatest secret to successful living. I once observed a scene that illustrates what happens when you are controlled by your thoughts. I saw a young, petit woman walking 2 dogs. The dogs were practically dragging her down the street, peeing on people’s bushes; digging and making messes in all the yards while she tugged on the leashes trying to get them to stop. It so reminded me of the way some people think. Their thoughts drag them down the streets of life destroying the vegetation of their virtues and values because they’ve never subjected them to any kind of obedience training.”

Moral Revolution / Kris Vallotton

This doesn’t just pertain to the area of fear as we know it.

* It can pertain to how you see yourself (and others) vs how God see you.
* It can pertain to how you see your finances as opposed to what the word says.
* Giving and receiving love and forgiveness
* Guilt and condemnation
* It pertains to anywhere and everywhere your thoughts drag you that aren’t according to the Word of God.

Sometimes it doesn’t feel like it but we actually can have control of our thoughts. You don’t have to be controlled by your thoughts. You can control your thoughts. Life flows from the heart…not the head. Your heart can tell your head what to think. But if we haven’t had obedience training, it can turn the other way.

My Testimony

A journey and a time of testing

Don’t worry about tomorrow (Matthew 6:34)—His mercies are new every morning (Lamentations 3:23)

Cast all your cares on Him because He cares for you (1 Peter 5:7)

Philippians 4:6-7…Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **7**and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

But does God really hear me when I pray? Talk about a hit to faith!! If we really believed that whatever we ask in His name according to His will, we receive…we’d truly pray more.

Obedience Training

Gird up the loins of your mind. 1 Peter 1:13

So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. NLT

Ex: Dog treats and self control

Renew the mind (Romans 12:2)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

If we don’t take charge of what we think, we will soon become victims of those thoughts. Then our thought life begins to dictate what we do, how we feel, and how we see the world instead of our spirit man leading under the charge of God.

How important is it that we control / manage our inner world? We will be led by either the spirit man or our soul. If the soul is in alignment with our spirit man we live in the peace of God. If not, we will walk in chaos, fear and every other thing that opposes faith. And we are being called specifically right now to ‘walk with Him in faith”.

Every thought into obedience to Christ. (2 Corinthians 10:3-6 NASB)

For though we walk in the flesh, we do not war according to the flesh, **4**for the weapons of our warfare are not of the flesh, but [[b](https://www.biblegateway.com/passage/?search=2+corinthians+10&version=NASB#fen-NASB-28976b)]divinely powerful for the destruction of fortresses. **5***We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ, **6**and we are ready to punish all disobedience, whenever your obedience is complete.

Some thoughts are not your own. Don’t believe everything you think.

Thoughts ~~become~~ fortresses and you will be able to tell where these fortresses are building. There’s a mote surrounding those thoughts…and alligators in these motes. Kris Vallotton says he has had seasons in his life where he fed his alligators well!!

Thoughts, Speculations and Lofty things.

Thoughts-obvious and all begins here!!

Speculations:

Building a case or having an argument with someone who isn’t present

What ifs—never positive

Email that can be read 4 different ways

One comment or joke that is taken the wrong way.

They didn’t speak to me.

Lofty things:

Arrogant, prideful

Makes God look small and the devil look big in our mind

A molehill and we think it into a mountain

WE MUST QUESTION OUR REALITY!!!!!!

John 8:32 **“**And you shall know the truth, and the truth shall make you free.” The Word of God IS our reality, but also…

Truth: Where we get our word ‘reality’, in fact (not just spoken or written)

Make: means process

Not just know the Bible (Pharisees)

You’ll know what’s real and you will be in the process of being free.

If we let thoughts, speculations and lofty things take control, pretty soon we will live in a world that feels real, taste real, sound real… but isn’t real. A virtual reality. Virtual reality has imprisoned a lot of people. Ex: anorexia / bulimia

It’s a lie, but it feels so true.

Finances, seeing adult children as still small, Pollyanna,

Can’t rationalize irrational behavior (demonic thoughts…deliverance and obedience training)

Like the 2 dogs…these thoughts start to ruin the vegetation of your mind.

In closing:

Devo:

Bring Me your mind for rest and renewal. Let Me infuse My Presence into your thoughts. As your mind stops racing, your body relaxes and you regain awareness of Me. This awareness is vital to your spiritual well being; it is your lifeline, spiritually speaking.

One of the ways we humble ourselves is to cast our anxiety upon the Lord. This is because anxiety is a form of pride—it actually asserts that we think the matter is too big for God so we have to handle it ourselves. ~Rick Joyner

Psalm 139:23-24 Search me O God and know my heart. Try me and know my ANXIOUS thoughts and see if there be any wicked way in me. And lead me into the way everlasting.

Read this from the Passion Translation ^^

God, I invite your searching gaze into my heart.  
Examine me through and through;  
find out everything that may be hidden within me.  
Put me to the test and sift through all my anxious cares.  
**24**See if there is any path of pain I’m walking on,  
and lead me back to your glorious, everlasting ways—  
the path that brings me back to you.

Be still and know that I am God (psalm 46:10) “Be still” means to let drop, abandon, relax, refrain, forsake, to let go, to be quiet.

We can’t do this alone. We must ask Holy Spirit to make us aware of our thoughts.

Set our minds on things above and walk with Him in faith.