

## *Our Thoughts*

Our thoughts reveal the real truth about us. We are what we think. There are two kinds of thoughts: fleshly thoughts and spiritual thoughts. To be fleshly minded is spiritual death, but to be spiritually minded is life and peace.

Now, what do we usually think about? Ourselves, our jobs and our families. When we are wholly taken up with these, can we say we are spiritually minded? We say we hope for heaven. But do we really desire it when our thoughts are wholly taken up with the things of this world?

Our worldly worries mainly revolve around three things: food, drink and clothes. Yet Christ says our thoughts should not be anxious about them, for such anxiety shows lack of faith in our heavenly Father's care and providence. Christ teaches us that our chief concern should be to 'seek first the kingdom of God and His righteousness.'

Many complain that when they think of spiritual things, worldly thoughts intrude.



When you think of worldly things, do spiritual thoughts intrude? If so, then you have some proof that you are spiritually minded.

Many thoughts in our minds are vain, useless and unprofitable. Often these are looked on as silly rather than sinful. But wherever there are vain thoughts there is sin. The word 'vain' implies hoping for something good out of what is really nothing. The Jews sought happiness from idols, that were nothing and could do nothing, much less bring them happiness. Similarly, many people seek happiness from vain thoughts about themselves. They fancy themselves to be what they are not; to do what they cannot do; and to enjoy what they do not enjoy. [Today, this is called phantasizing.] Such thoughts spring from pride, sensual lusts and love of the sin that is in the world.

The heart of man is still filled with the old ambition to be like God (as Adam's was). To be given over to such thoughts is a great misery and even punishment (for we shall never be able to be what we are not, do what we cannot do, and enjoy what we cannot enjoy). To be freed from them is a great blessing and part of the blessedness of heaven.

If your mind is taken up with such vain thoughts, instead of thoughts about spiritual things, can you

call yourself spiritually minded? Do you make any efforts to kill these vain thoughts and stir up spiritual thoughts?

Some thoughts are positively evil, such as those that aim to satisfy the lustful desires of the flesh. They abound in all who are not born again, whose minds are dominated by the lust of the flesh, the lust of the eyes, and the pride of life. Are you still among them? If so, you cannot be spiritually minded. You must be born again. You must be given a new nature. You must become a new person. Only God can do this for you.

John Owen, Vice-Chancellor of Oxford  
University under Oliver Cromwell

Published by the Sovereign Grace Union  
43 Warwick Road  
Rayleigh  
Essex  
SS6 8PQ