

## **Don't Believe Everything You Think**

### **Ready:**

“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.” – Romans 12:2

### **Set**

I was in the gym the other day and saw one of the most profound messages that I have ever seen on a t-shirt. It said, “*Don't believe everything you think.*” I thought, what does it mean, don't believe everything you think? The more I thought about it, the more meaningful it became. I quickly realized that the real battle is in my mind. My thoughts affect how I feel; my feelings affect what I do and how I do it, and that affects everything in my life. Ultimately though, it all starts in my head.

In sports, our opponent is obvious. The opponent wears a different color uniform and stands on the other side of the net, the line of scrimmage, or in our way as we go to the goal. But in life we have an opponent that is tougher to identify. Our adversary, the devil, makes accusations and tells lies. And he loves to “get inside our heads” and get us off our game! He is the ultimate trash-talker. The problem comes in when we don't take these lies captive, when we let them play over and over in our head, and when we finally start to believe them. “I'm not good enough.” “I could never do that.” “It's never going to change.” “I'm a failure.” Sadly, other people can plant destructive thoughts in our minds as well.

True competitors don't believe everything they think. They learn to discern the truth from the lies and take every thought captive. This is where the game of life is won or lost – in your mind. If you truly want a transformed life, train your brain. Until then, don't believe everything you think.

Devotional originally appears in *True Competitor: 52 Devotions for Athletes, Coaches, & Parents*

### **Go**

- Listen to the thoughts you think today. Are they more negative than positive?
- What lies from the enemy or others play over and over in your head?
- What are some ways you can stop believing everything you think?

### **Workout**

Philippians 4:8; 2 Corinthians 10:5

### **Overtime**

“Father, teach me to win the battle of the mind. Help me remove those destructive thoughts that keep me from being my best. Help me to reject the lies of the enemy, think as You think, and live a transformed life. Amen.”

### **Bible Reference:**

Romans 12:2

Philippians 4:8

2 Corinthians 10:5



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