JULY 10, 2026

EXERCISE IN JOY AND THANKSGIVING (PT. 3)

READ THROUGH THE BIBLE

NEW TESTAMENT PLAN

Matthew 19-20

1 YEAR PLAN

Proverbs 16-17

Text: PHILIPPIANS 4:8

Our thinking pattern will always reveal where we still are, and the places where Satan still feels he can attempt to bring us down. Satan is a very bad devil, as Mummy Helen will say. He will tempt you; you may have overcome for a season, yet he will come back again to try you, to see if he can still get you in that same area. This is why we must remain sober.

Complaining and murmuring are thoughts that we lend our lips to. Every complaint starts out as a thought which we then eventually, or even immediately, confess. Then we do it over and over until, in multiple areas of our life, there's just something to complain about. On a lighter note, our CV can read: "The man or woman who complains for Africa." Satan can blind a man's eyes to see nothing good, but everything to complain about. This is why the Lord will have us renew our mind deliberately.

In between putting off the old man and putting on the new man is a renewing in the spirit of our mind. A man whose mind has not been renewed by preaching and teachings, by the purifying that comes from obeying instructions (1 Peter 1:22), by the intentional reading of the Word (Joshua 1:8), and by giving ourselves to doctrine or listening to messages, might not have that interruption in his mind against that which he is already wired to do: to complain.

The wisdom here is to renew your mind deliberately. While we know we still have the nature of the old man even after we have been born again, and that we must put on the new man, are you renewing your mind so you can do so? What thoughts do you yield your mind to? are they pure, honest, of good report, etc.? We remain the sum of our thoughts. And we need the Word of God. We need our pastors, through the workings of the Spirit of God, to show us how to think.

Brethren, as you go about your daily activities, you might be tempted to complain or murmur, But try giving thanks instead. Get into a good dancing position and dance today. Don't worry, there is a beat in the spirit. Just dance and rejoice and give praise to the Father. Hallelujah!

Further reading: 1 Peter 1:22 1 Thessalonians 5:18



Prayers:

Lord, I repent from complaining and murmuring. I desire to become a child of God who knows nothing but to give thanks and rejoice always. So help me God. Amen!

Confession:

I will give praise to the Father today. I choose to rejoice, and if I find any struggle in doing so, I will pray for help from the Lord who gave the instruction.



Song suggestion: Sonnie Badu - Rejoice