

Walk in Dominion

Take charge of your thoughts, words, and feelings

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The King and His Domain

A king is someone who rules over a domain, his kingdom. God has called every Christian to kingdom living, where you are called, chosen and commissioned to represent the King of Kings!. This is God's doing, His idea. He drew you to Himself, and even imparted His life and nature to you when you accepted Jesus. You are now of royal blood, and God now wants to train you to reign in this life as a king under His Lordship.

He promised to give Peter 'keys' to the kingdom of heaven, and today you, by extension, because you belong to His eternal family, have 'keys' to unlock God's will into your life.

And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Matthew 16:19-20

Keys symbolize authority in life. They are used to lock up (or bind) that which should be allowed in your life, and they are also used to unlock things that should be allowed. If the keys to the kingdom that God has given you are merely jingling in your pocket, you will not enjoy the liberty He has purchased for you in Christ. They must be used. You have to learn the talk and walk of royalty. God wants to groom you in His new and living way.

Then Samuel explained to the people the behavior of royalty, and wrote it in a book and laid it up before the LORD. 1 Samuel 10:25

The three areas I wish to focus on in this chapter are: your thoughts, the words you speak and the feelings you experience. It is my experience that these three areas impact your Christian walk more than most believers understand. Remember, God wants you to learn how to take control of your life, with His help and direction of course.

Taking Dominion over Your Thoughts

Your way of thinking does not automatically change the day you accept Jesus. The transformation in your daily walk comes as a consequence of your mind being renewed or "regrooved" to think in harmony with God's word.

For years you have thought your own way, developing habits in your thought life that must change if you are going to walk in the freedom that now belongs to you in Christ. The Bible teaches that you are really defined by the way you think. You may be able to project something different at times, but inside, you are what you think!

*Do not eat the bread of a miser,
Nor desire his delicacies;
For as he thinks in his heart, so is he.
"Eat and drink!" he says to you,
But his heart is not with you. Proverbs 23:6-7*

The miser in heart may throw a feast and encourage people to enjoy of his professed generosity, but really as he **thinks** in his heart, that's what he is really like. In the same way many born again Christians verbally declare who they are in Christ, know all the right things to say and do, but really there is a disconnect with what they consistently think about themselves. They say they are forgiven, cleansed and a new creature in Christ, but sabotage their walk with God by unrenewed thought patterns, which the Bible calls "strongholds".

For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,... 2 Corinthians 10:3-5

Whether you like it or not, you are in a battle for control of your mind. The warfare you experience is largely in the mind. When wayward thoughts gang up together, they form logjams in your mind that block the flow of life from your spirits, which have the life and nature of God in them. God recreated you in His image in the spirit, and He is therefore the 'Father of spirits' (Hebrews 12: 9.) But your mind has to be renewed, otherwise incorrect and inaccurate thoughts will set themselves up against the knowledge of God's word operating freely in your life.

You are responsible to bring 'arguments' and 'every high thing' in your thinking to the obedience of Christ. No one can do it for you.

I am sure I am quite like you. I catch myself having long conversations in my head at times. When I stop and take stock of what has been going on, I have let my mind wander all over the place. Very often, my thoughts are not in line with God's Word, and I have to stop, declare them to be unlawful, take them captive, lock them up in the jail cell of doubt, unbelief and negativity, and get back to thinking like God wants me to! At times like these I exercise the power of choice. I choose to think positively, something that many have a hard time doing.

This applies to every area of life. Whether it be about finances, health, family relationships, situations at work, the church, whatever, I have to make it my business on a daily basis, to bring my thinking in line with God's Word.

Your Thoughts have Power!

Consider these examples. Roger Bannister, a British athlete, was the first person to break the four minute mile barrier. No one thought it was possible till one day he broke it. Within three weeks another ten runners had also broken it around the world. Why? It was not because they

all suddenly learned some great new training technique. No, it was because the thinking was now: "This is possible. If he can do it so can I!"

Do not underestimate the power of your thoughts. They are not empty and void of power. They can even affect destiny.

Consider this powerful example when God was obliged to come down and confuse the language of rebellious men who were intent on building a tower to the heavens. The Tower of Babel was actually a worship temple (or ziggurat) much like the ruins of ones still found in modern day Iraq today. This tower represented such a challenge to God's authority that He had to stop the project. In the words of the Bible,

*And the LORD said, "Indeed the people are one and they all have one language, and this is what they begin to do; now nothing that they propose to do will be withheld from them. Come, let Us go down and there confuse their language, that they may not understand one another's speech." **Genesis 11:6-7***

They had got together, thought up this plan, come into agreement, spoke the same thing, were of one mind and in unity, and began to bring the whole world into subjection to this wicked scheme.

Look at another example where the great prophet Elijah, a righteous man, was able to change the weather through his fervent prayers. Yet later, when he was threatened with death by Jezebel, wicked King Ahab's wife, he fled and hid himself in a cave! He had just won a tremendous spiritual victory on Mt Carmel where he showed God to be the true God. He slew all the false prophets, but now he is found in a dark place of isolation having a pity party. Have you ever been there in your walk as a Christian? Something good happens through God, and suddenly the enemy wants to take back the ground he has lost. He attacks your mind with fearful thoughts, and now you find yourself in a pit of despair.

*And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" So he said, "I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life." **1 Kings 19:9-10***

This was simply not true. God had another seven thousand that were faithful to Him (vs 18). Elijah, in his self-centeredness, simply did not know it. He thought that he alone was left, and everything depended on him. Really this was presumptuous and prideful to think this way. His reasoning let him down. God had to reveal to him the truth about the matter, and get him back on track.

You and I need to constantly allow the word of the Lord to break us free from the prison of our own limited thinking. It really is comforting to know that God's thoughts are not our thoughts, and that they are limitless in their goodness towards us.

*"For My thoughts are not your thoughts,
Nor are your ways My ways," says the LORD.*

*"For as the heavens are higher than the earth,
So are My ways higher than your ways,
And My thoughts than your thoughts **Isaiah 55:8-9***

*For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. **Jeremiah 29:11***

*How precious also are Your thoughts to me, O God!
How great is the sum of them!
If I should count them, they would be more in number than the sand; **Psalms 139:17-18***

Part of walking free is getting to know God's thoughts and thinking like He thinks. This begins to happen when you make it your business to meditate or mull over His word in your thoughts. (More about meditating God's word later.)

Here's another example of how powerful thinking is. Two disciples are on the Road to Emmaus a few miles out of Jerusalem soon after Jesus' crucifixion. They had not stayed with the rest of the disciples in Jerusalem, but were headed out of town away from all the drama of the last few days. Jesus had told His disciples that He would rise from the dead, and had already appeared to some. They had spread the news, but here were these two, walking away from their destiny. The Bible says that as they 'conversed and reasoned' Jesus appeared to them.

*So it was, while they conversed and reasoned, that Jesus Himself drew near and went with them. **Luke 24:15-16***

Their **reasoning** or thought processes had them going in the wrong direction! Only when Jesus revealed to them through the scriptures His plan, did they turn around and rejoin the other disciples! Their reasoning seemed reasonable, but proved to be an unreliable source of truth. They needed a revelation of God's Word to set them straight.

Your Thoughts are Not your Own Business!

Jesus showed that what plays out on the screen of your mind is not your own business, but His! Look how He responded to the way in which the Scribes and Pharisees were thinking. They had said nothing, yet Jesus responds and interacts with them according to the way in which they were thinking. A paralyzed man had been brought into a meeting where they and Jesus were present. The power of the Lord was present to heal even them. Jesus ministers to the paralyzed man, saying that his sins are forgiven. This offends the scribes and Pharisees who reason in their own minds.

*And the scribes and the Pharisees began to reason, saying, "Who is this who speaks blasphemies? Who can forgive sins but God alone?" But when Jesus perceived their thoughts, He answered and said to them, "Why are you reasoning in your hearts?"
Luke 5:21-23*

Amazingly, Jesus responds to them according to the way they were thinking! They had not said a word yet, just reasoned in their minds.

Later on, Jesus ministers to a man with a withered hand on the Sabbath, with the Scribes and Pharisees watching him closely to try to catch Him out.

*Now it happened on another Sabbath, also, that He entered the synagogue and taught. And a man was there whose right hand was withered. So the scribes and Pharisees watched Him closely, whether He would heal on the Sabbath, that they might find an accusation against Him. But He knew their thoughts, and said to the man who had the withered hand, "Arise and stand here." And he arose and stood. **Luke 6:6-9***

Once again, Jesus responds to the situation according to the way they were thinking! I believe The Bible teaches that a lot of your relationship with God depends on the way you think. God does not artificially compartmentalize things. He responds to you in the totality of your being: spirit, soul and body. What you believe, think and do, all matters to Him. He does not ignore what you think and relate to solely on the basis of what you are saying or doing. It is up to you how you relate to Him in your thought life. The Bible even says that we are to please God both in our inner man as well as by what we say out of mouths.

*Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer. **Psalm 19:14***

But you might argue, that you just can't help thinking the way you do! That argument is a 'high thing' that must bow to the truth.

How to Take Dominion over Your Thoughts

First, realize that you have been given a **sound mind** in Christ. You now have the capacity to receive the thoughts of God. See yourself this way.

*For God has not given us a spirit of fear, but of power and of love and of a sound mind. **2 Timothy 1:7***

When you allow God's power and love to flow in your life, fear cannot control you. Fear and negativity go hand in hand. Faith, love and soundness of mind go together.

Second, make a habit of **meditating** in the word daily. Bible meditation involves muttering the Word to yourself so as to understand the true depth of meaning to the scripture. It's like talking to yourself. Bible meditation is the means by which you 'wash' your thinking with the life giving word of God.

When scripture has got down deep into your thinking, and really means something to you, you will put it into practice. If you merely read or hear it once, and then move on, then nothing has been achieved. You have to think about the word, how it connects with other scripture you know, and how it applies to your situation at hand.

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8

Personally when I first got born again, the Lord impressed on me that I should not spend my spare time reading newspapers and magazines, watching the news on TV and generally keeping up with the world around me. He had me get into the Word so that I could renew my mind to His ways. As I did, and later came back to finding out what was going on in the world at large, I had a new perspective on things. I now saw things through new eyes, even world events.

It was not a case of developing an 'ostrich with his head in the sand' approach to life, but rather 'get your head **out** of the sand and dirt' of the world's limited way of thinking! My understanding of things actually increased as I meditated in God's word! God created the world and understands how everything operates and fits in. His word enlightens and enriches the soul, yet some folk criticize Christians saying that they are so narrow minded that they can see through a keyhole with both eyes. But to me the unbelieving world is so narrow that it shuts out God's way of thinking! It chooses to exclude the very one who loves them and wants to show them all things that need to live life long and strong in His grace.

A third way to take dominion over ungodly thoughts is to commit your works to the Lord. When you truly bring God into your decision-making, He will interject His thoughts into your mental processing, and whatever you have planned will be established. Your life will not be series of hits and misses. Whatever you do will be backed by God.

*Commit your works to the LORD,
And your thoughts will be established. Proverbs 16:3*

Then, actively think about your thoughts and determine whether they line up with God's word. If they don't declare them to be unlawful, take them captive, and replace them with positive thoughts.

You have already seen that this process is not mere mind science or positive thinking, but Bible! You are instructed in the Word to think on,

...whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

Philippians 4:8

Exercise your power of choice, and think on good things. In the same way as you can choose to think on what it is like to be in heavy start stop traffic, you can think chose to think about what it is like on the beach on some tropical palm encircled island with warm aquamarine water lapping at your feet as you sip on your favorite iced fruit juice. The beach is better!

Take Dominion Over Your Thoughts, And you Will...

...Enjoy God's peace. He is the God of peace, and has a way of imparting His peace no matter how big the storm you may find yourself facing.

*You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You. **Isaiah 26:3***

...Be blessed and prosper in whatever you put your hands to.

*But his delight is in the law of the LORD,
And in His law he meditates day and night.
He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper. **Psalm 1:2-3***

...Experience transformation in your new walk with the Lord. It takes discipline and resolve to present your body to the Lord. When you watch what you think and do, you will begin to prove or live out step-by-step God's will for your life.

*I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 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. **Romans 12:1-2***

Bite Off What You Can Chew

Deal with things that need to change in your life in bite sized pieces. Remember spiritual growth comes happens over time. The Israelites did not take over the Promised Land in a week. It took years for them to establish themselves permanently in their newfound freedom. Take a step, consolidate, and then move on. God is patient and will help you each step of the way.

*Little by little I will drive them out from before you, until you have increased, and you inherit the land. **Exodus 23:30***

God has called you to enter the promised land of His abundance. Be like Joshua and Caleb, who when faced with the same sights as the other ten spies did not allow their thinking to get the better of them. They chose to believe the promise of God above what they saw with their

natural eyes. They were therefore not swayed by the size of the giants, and did not see themselves as grasshoppers, but rather as conquerors well able to take the land.

Take Dominion Over the Words you Speak

Not only are your thoughts very important, but also the words you speak have a major impact on the direction of your life. Where thoughts are the communications of our minds, and actions the communications of our bodies, words are the communications of our spirits! Jesus even said that the words He spoke were 'spirit and life.' He was the author of life, and so we come to understand why life and death are in the power of the tongue. What you say with your mouths will work itself into your life in either a negative or positive way.

*Death and life are in the power of the tongue,
And those who love it will eat its fruit. Proverbs 18:21*

God Expects You to Mimic His Ways

As His child God expects you to know, understand and operate in His ways. Jesus taught His disciples to walk in His footsteps teaching them all they needed to know about how to pray, speak to people, and love them.

When God wants to do something, He does it by speaking it into existence. He did this in Genesis chapter one when He created everything. He even spoke things in advance through His prophets in the Old Testament before they ever happened. Years later the prophecies would come to pass.

God, who gives life to the dead and calls those things which do not exist as though they did; Romans 4:17

When the angel appeared to Gideon, he was hiding away in a winepress trying to thresh wheat for fear of foreign invaders. Yet the angel told Gideon that he was a 'mighty man of valor' (Judges six). At that point he certainly did not act like one. Yet, as he eventually identified with what God said about him, he stepped up into that position and fulfilled what God had called him to do.

God wants you to adopt what He says about you as true, and start speaking it over your life as if you are walking it out. In life you always move towards what you are saying about yourself.

The woman with the issue of blood is another good example of how important your thoughts and words are. She had a health problem, and after many years had only got worse. But she heard the good news that Jesus was healing people, and this impacted her thinking. She made up her mind to get what she now understood could be hers, and acted on her convictions. She pressed into the crowd and touched Jesus with the touch of faith. God's power flowed out of Jesus into her body and she was healed!

Notice that a key element in her healing was that she had talked herself into her miracle! Her thoughts and words lined up and found expression in a corresponding actions.

*And suddenly, a woman who had a flow of blood for twelve years came from behind and touched the hem of His garment. For she said to herself, "If only I may touch His garment, I shall be made well." **Matthew 9:20-22***

Stop Talking the Problem And Start Talking the Solution

You can either keep talking about the problems you already have, or you can start saying what God has promised. Problem or promise, the choice is yours. Jesus taught this principle when He showed His disciples how to pray. Notice the importance of the words you speak in this passage.

*For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will come to pass, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. **Mark 11:23-24***

Jesus instructs His followers to speak **to** the mountain (the problem). He did not say to grumble and complain **about** the problem, but speak **to** it what you desire to happen! Most folk have a hard time breaking out of old habits and seldom give their hope and faith a voice.

Of course if you don't believe in what you say, then nothing positive is going to work for you. When you count up the number of times in one verse that Jesus points to the importance of speaking words of faith, it comes to three. He then goes on to say that in prayer you have to believe you have what you are asking for, when you pray, and not when you actually get it! You believe and say before you actually get it. That is God's way, and is the essence or 'spirit' of faith!

*And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak, ... **2 Corinthians 4:12-13***

This may be a completely new way of doing things, but it is God's way, and will make a world of difference when you start practicing it on a daily basis.

The Bible goes on to say that you enjoy the benefits of your salvation because of heart belief **and** confession!

*...that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation. **Romans 10:9-10***

Apply this principle when you are faced with temptation. Jesus resisted satan by speaking the written Word of God. He did not try to ward off satan's attacks by trying to out think him! He

out spoke him! When God lives on the inside of you, and you speak His Word, satan has to bow to the spiritual power released through your mouth.

Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the LORD your God, and Him only you shall serve.'" Then the devil left Him, and behold, angels came and ministered to Him.

Matthew 4:10-11

What Do you Do when Circumstances Have Worsened?

Sometimes, things get worse before they get better. Not always, but sometimes. The thing to do is not waver when they do. Like a bulldog holds on to a bone with all his might so that you can swing him in the air and he'll not let go, you have to 'hold fast to your confession' without letting go. Why? Because God is faithful! He is going to deliver on His promises.

Let us hold fast the confession of our hope without wavering, for He who promised is faithful. Hebrews 10:23-24

Your persistence in practicing God's Word will present you with you with the promised outcome. Outlast the enemy! Don't let his lies creep in and convince you that things are not going to change. They are and will when you stick to it. Be faithful to play your part, and you will see God is faithful to do His!

Can you Trust your Feelings?

As you stand in faith for change in your life, if you haven't already discovered it, you will experience some emotional ups and downs. The Bible says we are to walk by faith, not by sight or by what our natural senses tell us is happening.

Emotions and the things we feel, are not be trusted indicators that everything is on track or otherwise. Settle it in your heart that God's Word is unchanging, and in Jesus all His promises are guaranteed. When you do, you can take charge of your emotions, because if you don't they will take charge of you! If you are not careful, you will allow feelings to dominate you. Feelings are subject to change, God's Word is not. In the same way that you discipline your mind and body, bring your feelings in line with God's Word.

King David was faced with a devastating situation when he and his men lost their wives, children and possessions to attackers when they were out on a campaign. Feelings of despair and desperation overwhelmed them, so much so, that the enemy began to use it for an occasion to take David out! His men were so distraught with the loss of their families that they planned to stone him. But David did something that you can too. He strengthened himself! He did not let his feelings and emotions cloud his judgment.

He bounced back, heard from God, and later everything was turned around to their advantage. They got everything and everyone back and some!

*Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep...Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God. **1 Samuel 30:4, 6***

I suspect that David dug deep into his heart and leaned heavily on the Lord to deliver him from the evil he and his men suddenly faced. He strengthened himself with the hope that God was able and willing to take a bad situation and turn it around for good. Learn to strengthen yourself against setbacks by getting a grip on your emotions and feelings by subjecting them to the word of God you have put in your heart.

Remember, you are the king of your own domain. Take charge of your thoughts words and feelings and walk free in God's ways

Taking Possession through Confession

- *God has not given me a spirit of fear, but of power and of love and of a sound mind.*
- *I meditate on God's Word day and night, and because I do, I will make my way prosperous, and have good success. I will be like a tree planted by a river and fruitful in my season.*
- *I think on things that are true, noble, just, pure, lovely, of good report, virtuous, and praiseworthy.*
- *By the mercies of God, I present my body as a living sacrifice, holy, acceptable to God. I do not conform to this world, but I am being transformed by the renewing of my mind, so that I may prove what is that good and acceptable and perfect will of God.*
- *I speak to the mountains that stand in my way, doubting nothing, but believe that the things I say will come to pass. When I ask in prayer I believe I receive them, and because I do I will have them.*
- *I resist the devil by quoting out aloud the Word of God. He has to leave me.*
- *I hold fast to the confession of my hope without wavering, for He who promised is faithful.*