

"Quench not the Spirit." 1 Thessalonians 5:19 KJV

Let me preface with this: Anything contrary to God's Word is, in effect, a quenching of the Spirit. Quench: "to extinguish, terminate or bring to an end." When believers allow thoughts of doubt, despair, worry, or care, we quench or disbelieve the "Spirit of Truth." Worry is not a decision making process. It is simply remembering something stressful with no decided outcome but more stress. When we fret about something over which we have no control, we deny the promises of God to care for us. "We know that ALL things work together for good to them that love God, to them who are the called according to HIS purpose." You are not "casting your care upon Him" as instructed when you fret, and are therefore, disobedient. Satan fills our minds and hearts with stress to misdirect our attention away from God who will "supply all my need according to HIS riches," not mine! Stress robs you of peace, joy, happiness, contentment; not to mention, health. "Whatsoever is not of faith is sin." If it's not of faith it's disobedience. It is the obedient child who is favored. Why risk losing God's fellowship for a momentary fret? If you worry, you are not letting the "mind of Christ dwell in you richly." We say a food is "very rich" when it is saturated with a plethora of flavor. Our minds must become saturated with God's Word, so the Voice of God may "quench all the fiery darts (wicked thoughts) of the wicked." Don't fret about the past. You can't change it. Don't fret about the today or tomorrow or the future. It may never come, and if it does, God is already there! Do what's right, right now. A successful journey is a series of steps in the right direction. You can't reach your destination with the last step unless you take all the right ones in between. "The STEPS of a good man are ordered by the Lord. A just man falleth seven times and riseth yet again." Falling will not stop the journey unless you fail to rise again. Stubbing your toe happens when you're not watching your step, but you don't give up walking because of it. Sure, you may limp a bit for a while, but then the pain subsides and the memory becomes a reminder to watch out for that particular stone on the path next time you go that way. Pain reinforces memory. We often forget good, but rarely forget bad. Listen for God's Word in your thoughts: the "Holy Spirit of Truth. He will guide you into all Truth." He cannot guide those who don't listen. God said, "Without Me, ye can do NOTHING." The "way that SEEMETH right," isn't the Way that IS right. Truth drowns out the cacophony that disrupts the rhythm of obedience!



The Holy fire that burns within,
Will keep the child of God from sin,
It's flame must never be put out,
With thoughts of care and wicked doubt. ~CGP

You can't stop birds from flying overhead, but you CAN decide if they nest in your hat. You only QUENCH wicked thoughts by meditating on God's Word "day and night." You only quit thinking one thing when you begin thinking another. England ordered blackouts at night during the war to extinguish any light which could be targeted. Soldiers were forbidden to smoke, because the lit tip of a cigarette was plainly visible from ten thousand feet. The tiniest light is visible in darkness! "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philipians 4:8 KJV