

Sources for our thoughts.

The only way we can influence and control our own thoughts, is to be aware of the source for our thoughts. Proverbs 23.7 says: **“For as he thinks in his heart, so is he.”** In Norway we sort out different trash so that we may handle the different trash the best way possible. We have own waste baskets for the different trash as food, paper and all kind of material. It is good that we have this focus on environment, so that we handle it properly. Some trash are really dangerous and need special care. How much more then should we be concerned about sorting out our thought patterns and keep track on what influence we have on our mind and thought. Much of what we think is negative and we are not even conscious of why we think the way we think. To understand your self you need to know the sources of your thought. I have made a model to sort out some of the different sources for our thoughts. Its called the three natures. I will introduce you to this topic in another teaching that you will find on the web page.

It is of great importance that you understand your thoughts and were they come from. If you are not aware of why you think and reason the way you do, you want be able to understand your own identity. To gain a strong character and value in life, you need to take choices according to how you want to live your life. In order to live with integrity, you need to make real and clear choices that matches up with the standard you want to have in your life. Often you can hear people say something like: “It just happened!” But, no. It did not only happened. Most often we can see why things happened, in our own thinking and history. Off course, things happened that we are not in control of, but most things we have an influence on ourself. Some philosopher has sad that we came to the world with an empty table. And as we grow up, the circumstances around us, starts to write on our table. They will say that we are a result from our environments from our upbringing. And in many ways this is true. We all come from a culture, tradition, family, nation, town, area, religion and all of us have been influenced by this factors. But, often we do not understand the different potters that has shaped us into who we are today. In order for us to have insight and understanding in our lives, it is of great importance, that we look back on our lives. To understand today, we need to understand yesterday, and to make progress for tomorrow, we need to understand today. For us to understand were we go when we take a step forward, we need to understand were we came from.

Our thought.

Our thoughts give us an arena, a space were we can be by ourselves. And, it is good that God have made it to be like this. That we have this arena were we can consider, rethink, reorganize before we take action. We can reason, experience and understand in our thought without having to be accountable as if we already had put our thoughts into actions. Our ability to think, reason and argue with ourselves before we take actions is a God given gift. We are created as a spirit, soul and body. And this separate us from all animals. God gave us as human beings a role to govern and rule over all creation, both in air, on earth and at sea. This is a God given authority. We are created in the image of God, and so we have been given much of his potential and abilities. He is God and we are not, and that is good. But, as Christians we have become family and one with the creator himself! That is main blowing and compels us to rethink much of what we do today. One interesting thing with our thoughts is that we often can end up living in deception or lies. When we look to history we will see many examples of misunderstandings or wrong assumptions. For some hundred years ago, people believed that the earth was flat. Therefor people would not travel so far at sea, but turn as they believed that they would get close to the waterfall at the end of the world. Even tho this never was true, this was a

true limitation for those who believed in it. And this is how we often get stuck in our own world. Our emotions of fear and failure, our own experiences or what we have been told, will often put boundaries for us to grow or experience truth and freedom.

Our mind contain both passed, present and future. We carry memories we have received in our upbringing. The memories has told us different truths that actually not are true, but they are true for us. What we assume or believe or hold as truth today, will set the course for our life for tomorrow.

It is only when we have an awareness and understanding of our thoughts and identity that we will be able to choose and become a free and a individual person. For you to change and to continue to live changed you need to make choices that you understand and desire out of own free will. And for us to understand ourselves we need to understand our religion, culture, traditions, family and much more. Many are a product from there environments, and have not been able to make there own choices. "Show me your friends and I will tell you who you are." is a saying. And, in many ways this is true. We are not so different from the people we hang out with and grew up together with.

What sources do you have for your thoughts?

As the web page will build up, you will find a teaching called: The three natures. Here I will teach on the identity of a Christian. The three natures is based on the man created in Gods image, before the fall of man. The next period then is the man after the fall into sin. The third period is the period after the cross, when we become new creations be believing in Christ Jesus as our personal savior and friend.

To read more teaching you may use this link:
http://ennyskapning.com/undervisning_mp3_eng.htm

Have a good and a blessed day!
In Him Torstein