

CASTING OUT BAD THOUGHTS AND FEELINGS

When we talk about being **under grace**, we mean being under the influence of God's spiritual power to help us make better decisions and cast out some of our thoughts and feelings that incite bad emotion. We can fight those thoughts, **but there is something even better than merely denying those thoughts and temptations; we can CAST them out (away) from our minds** completely by using God's power of grace!

Ephesians 2:8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God.

In other words, all those things you want to get rid of you can, by grace, it is the power of God.

Romans 6:14 For sin shall **not have dominion** over you: for ye are not under the law, but **under grace**.

Dear God,

Please bring your power of grace into my life. Help me to learn about this power you freely give. Help me to not only fight off bad thoughts and temptations, but help me to COMPLETELY **CAST** those bad thoughts and feelings away from my mind. Amen