



From the Heart of the First Lady

Think Like A Lady

Mark 5:28 (NIV) because she thought, "If I just touch his clothes, I will be healed."

What Were You Thinking!?

Have you ever had a nagging condition or circumstance that consumed your thoughts to the point where you would do anything to fix it? If you were to recall that moment and take an inventory of your thoughts, what would you find? Did they range from one extreme (peaceful, trusting and surrendered) to the other (panic, dread and desperation)? What did you tell yourself about these thoughts? And lastly, which thoughts did you end up acting upon?

Mark 5:21-34 gives the account of a woman we have all heard about (whether we're spiritual veterans or just starting our walk with the LORD). The "woman with the issue of blood" tops the Who's Who of female biblical icons because of her deep - rooted faith that stopped Jesus in His tracks because she placed a demand on His power so strong that she was miraculously healed of a chronic and terminal disease with literally no intervention from Him. We've heard the story of how she risked her life by leaving her home (as it was a crime punishable by death for anyone declared "unclean" (leprous or bleeding) to go out in public) and she pressed through the crowd to get to Jesus. As if that wasn't risky enough, she didn't care that she was interrupting the healing of the dying daughter of Jairus, a synagogue ruler who had the authority to have her stoned right there in front of him.

What would make this woman behave like this? I mean, what was she thinking?!!! Therein lays the question we will explore for the next few minutes.

Did you know that where you currently are in your life is a direct culmination of your thoughts? It's true. Your self-esteem can be traced to your thoughts about yourself. Your success and accomplishments are directly aligned with your thoughts about what you can have, do or be. Conversely, your failures expose the limitations in your thinking. The current state of your finances is representative of your thoughts and beliefs about money. The quality of your relationships is tied to your thoughts about giving and receiving love. And your health is connected to your thoughts about your body, diet, lifestyle, exercise, etc. Proverbs 23:7 tells us "as a man thinks

so he is". Both science and scripture confirm that we, like GOD, are triune (three-fold) beings. As GOD consists of the Father, the Son and the Holy Spirit. We are a combination of body, soul and spirit. In essence, we are spirit beings that have a soul and live in a body. The soul, which consists of our will (what we want), our mind (what we think) and our emotions (what we feel), is the gateway to our spirits and drives our behavior. This is why our souls need to be saved (transformed into Jesus' likeness) – not our bodies. The mind is by far the dominant part of our soul and must be fortified and protected at all cost because all spiritual warfare takes place in the mind. If the enemy can control your thoughts, he can control you. But thank GOD, we (if you are saved) have the mind of Christ (1 Corinthians 2:16).

Getting back to our "woman" ... let's see if we can trace her results and actions back to her thoughts. Scripture tells us that she had been hemorrhaging (bleeding internally) for twelve years (Mark 5:25). Anyone plagued by anything that long would likely get more discouraged with each year. It would not be a stretch to imagine this woman struggled with moderate to severe depression. We also know that she was under the doctor's care, but grew worse instead of getting better (vs. 26). Thoughts of anger, frustration and hopelessness likely led to her depression. Adding insult to injury, her medical bills bankrupted her, leaving her with financial worries. Now broke and terminally ill, her only possession is a relentless will to live. Hearing about Jesus, a man who transcended reality and defied logic with a simple touch, a hope must have sprung up in her that she hadn't felt in years. Her thoughts probably began to shift from depression to determination and she gave herself over to the truth that "with GOD, all things are possible". We can tell she started thinking outside the box because her thoughts convinced her that she could access Jesus' power by touching *him* – not the other way around. Her thoughts drove her from throwing in the towel to throwing all her cards on the table. She was all in! Having nothing left to lose, she risked all and set out to confirm her thoughts. When doubts arose, she "demolished arguments and every pretension that sets itself up against the knowledge of GOD, and she took captive every thought to make it obedient to Christ." 2 Corinthians 10:5 (NIV). When facing impossible circumstances, is she the model you imitate? If not, what are you thinking?

Prayer:

Almighty God and Loving Shepherd, You are Jehovah Shalom - the God of peace. Lord, you give us rest and lead us beside quiet streams. Thank you that you are helping us to hear your gentle voice. Thank you that you are helping us to be able to follow you to the quiet streams.