

How to Mature: Battle Automatic Thoughts and Entitlement. (September 24, 2026)

For many people, their thought-life is a struggle. They are regularly bombarded by unpleasant thoughts and memories. At times, intrusive thoughts seem to push their way to the front of the line and demand their full attention. And in some cases, they have simply accepted cultural messages that seemed like truths but ended up being traps. For many, this struggle is real.

The Apostle Paul seemed to agree when he said, “For our struggle is not against flesh and blood, but against the rulers...authorities...powers of this dark world...and the spiritual forces of evil.” (Eph. 6:12 NIV) Actually, Paul called this struggle a “war” in 2 Corinthians chapter 10 where he told us that “the weapons of our warfare are not carnal but mighty in God for pulling down strongholds...bringing every thought into captivity to the obedience of Christ.” (2 Cor. 10:4-5)

Apparently, our thought-life isn’t just a struggle, it is a war.

Here are some things to consider as we fight to win this battle...

1. Repetition doesn’t turn a lie into the truth. If you hear a lie 1,000 times a day, refute it 1,000 times a day. The repetition may be annoying, but annoying is not good a reason to accept it.
2. Do not accept condemnation, judgment, or shame from the world, the flesh, or the devil. Just because you think it may be true, doesn’t mean it won’t steal, kill, and destroy you.
3. If you simply can’t get past an intrusive thought that reminds you of an abusive experience from your past, seek out professional and godly counsel. Don’t fight that battle alone.
4. Refuse entitlement. The world doesn’t owe you anything. In fact, it will collude to destroy you if you allow it. But God in us has “overcome the world.” (1 John 5:4)
5. Fighting your thoughts will make you tired and weak, so fuel and rest to regain strength. The Bible, prayer, fellowship, communion, and Sabbath will refill you for the next battle.

Fight your ungodly automatic thoughts and entitlement. Winning that battle will propel you a long way in becoming the man or woman of God that Jesus Christ died for you to become.