

Is Your Mind Constantly Running with Thoughts?

My mind is doing that. It's constantly tossing over ideas, plans, solving problems, etc. However, that's counter-productive to operating in the Kingdom. That's why I have to ensure I spend a long 'quiet time' at the start of every day, early in the morning, before the events of the day take over.

I spend this time soaking in Father's presence, communing with him, basking in his love, drinking refreshment from him, talking to him about intimate matters, getting myself focused for the day ahead, and praying in the spirit. However, I have to constantly keep my mind focused on him, as it drifts off all of the time onto things that are distracting. I especially have to keep myself from going back to sleep as it's dark when I get out of bed.

Father instructed us recently to slow our minds and to be still. I still need to work on that – whether it's concerns or just life matters.

*“Even when your body is still, you're still rushing. Your mind is constantly running with thoughts that do not lead to me. **Slow your mind. Be still and quiet.** Come spend time with me and breathe. Inhale my peace, and exhale your cares into my trustworthy hands. Let me fill you with peace that passes your limited understanding. Release that concern to me.”¹*

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – EXTRACT: Brian Simmons (21-3-2022) “I Hear His Whisper...” “Be still, dear one.” [distributed e-newsletter]
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