

# Disciplining Your Thoughts



You must refuse to open the door of your mind to any anxious negative thought. You cannot let these 'thieves and robbers' of your health and peace of mind come in. When the mind is undisciplined and open to all kinds of disagreeable thoughts there can be no peace. God has given you power to control and discipline your thinking. Exercise this power and refuse to allow thoughts of sickness and lack to enter your mind. By changing your thinking to conform to the Truths of your Being, you will be transformed. You must discipline your mind day after day and control your thoughts so you will not be full of faith one moment and doubting, wavering and unstable the next.

*Myrtle Fillmore Lighting the Way – Neal Vahle*

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How can one enter a strong man's house and plunder his property without first tying up the strong man? Then indeed the house can be plundered.

Matt. 12.29

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# DENIALS

- “God has not given us a spirit of fear.” 2 Tim. 1.7
- This sickness has no power over me.
- I am not limited by my past.
- This economy has no bearing over my success.

When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting place, but it finds none. Then it says “I will return to my house from which I came.” When it comes it finds it empty, swept, and put in order. Then it goes and brings along seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first.

Matt. 12.43-45

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# DENIALS & AFFIRMATIONS

- “God has not given us a spirit of fear  
but of power and love and self-discipline.” 2 Tim. 1.7
- This sickness has no power over me.  
Divine Life is the only power at work here.
- I am not limited by my past.  
I can do all things through the Christ within.
- This economy has no bearing over my success.  
God is the only Source of Good.

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The law of mental denial and affirmation will prove its truth to all those who persistently make use of it.

Charles Fillmore – *Christian Healing*

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As I guide my  
thoughts with  
love and wisdom,  
I reveal God's  
infinite Good.