

Chapter 3



Feeding the mind

People create images in their mind, which is a result of the things they feed their mind. The mind recreates what it has been fed. There are many ways to feed the mind positively or negatively.

The words you hear can only do two things: either to affect you positively or negatively. Many words will come to our ears every day that passes and these words may come from someone we trust or someone we look up to.

We can never choose the words we want to hear from people around us, but we can control the words we respond to or act upon. This process is the first stage of training the mind. The bible says in

Romans 10 vs 17

“So then faith cometh by hearing and hearing by the word of God”.

This is to tell us, that what you keep feeding your mind is what you become. We need to develop the ability to reject evil communication. In science, filtration is a type of separation technique, which is the process of separating two or more substances. The substance here is the word.

The words you hear are not seen, but as that word keeps resounding in your mind, you will start adapting to it, and eventually, will start manifesting. The words you listen to, must be filtered to have a positive impact in your life.

Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Your relationship and your words have a great influence in your life. I would like you to understand that most people are not impacting into life and progressing in life

because of the relationships they keep. Every relationship can only bring two things in your life, positive or negative thoughts.

Yesterday's people speak negative words and tomorrow's people speak positive words. Positive people will stand in the gap for you, whether it is good or bad. They can handle your progress; they will support and will never be jealous of your progress.

Your relationship determines what you do, how you take your destiny, what you hear and listen. The relationship totally controls your mind and vision. This can be seen in the life of Peter in the Bible.

Acts 12:5-17 (NKJV)

Peter was therefore kept in prison, but constant prayer was offered to God for him by the church.

The 5th verse made us to know that prayers were offered for Peter because he was in prison. The question is, who offered the prayers? And why did they offer the prayers?. The answer is relationship; Peter related with the right people. He was in a relationship with people that fast for him, people that can stay awake and make a demand for him. Who are you in relationship with? Can they demand on your behalf?. Or are they interested in what you can offer? your status and what they can gain from you?

And when Herod was about to bring him out, that night Peter was sleeping, bound with two chains between two soldiers; and the guards before the door were keeping the prison.

Peter was in the company of the soldiers, because there was something they had in common. There was a relationship between them. He was attached to them in chains and he could not move out. Some people are in relationships with people that have chained their minds, visions and growth. People that make us to only do what they think is right. Peter could not move beyond the people he was chained with, even if he stood, he was still limited.

You cannot go beyond the people you

are in relationship with, if you are in relationship with small minds, people that cannot accomplish their vision, you will be limited, because when you try to move, you will be limited like Peter who was chain with the soldiers.

Relationship matters a lot in your vision and future. Peter could not get out of the prison until the chain (relationship) holding him and the soldiers together fell off. The Bible recorded that Peter was sleeping. Child of God, has your relationship put you to sleep, making you comfortable in an inappropriate situation?.

Then you will not be able to see a bigger picture of your vision. It said that when the

Angel of God came to Peter, he slapped Peter and asked him to stand up. As he stood up the chains fell off. Brother and sister, it is time to slap yourself and wake-up from the sleep.

The chain cannot fall, until you renew your mind and take responsibility, until you stand up and break from those relationships.

7 Now behold, an angel of the Lord stood by him, and a light shone in the prison; and he struck Peter on the side and raised him up, saying, "Arise quickly!" And his chains fell off his hands. 8 Then the angel said to him, "Gird yourself and tie on your sandals"; and so he did. And he said to him, "Put on your garment and follow me." 9 So he went out and followed him, and did not know that what was

done by the angel was real, but thought he was seeing a vision. 10 When they were past the first and the second guard posts, they came to the iron gate that leads to the city, which opened to them of its own accord; and they went out and went down one street, and immediately the angel departed from him. 11 And when Peter had come to himself, he said, "Now I know for certain that the Lord has sent His angel, and has delivered me from the hand of Herod and from all the expectation of the Jewish people."

12 So, when he had considered this, he came to the house of Mary, the mother of John whose surname was Mark, where many were gathered together praying. 13 And as Peter knocked at the door of the gate, a girl named Rhoda came to answer. 14 When she recognized Peter's voice, because of her gladness

she did not open the gate, but ran in and announced that Peter stood before the gate. 15 But they said to her, "You are beside yourself!" Yet she kept insisting that it was so. So they said, "It is his angel."

Peter was in a relationship with people that can pray, but with no faith to take the result. It is not enough being in the right relationship, but do they have the ability to take what belongs to them. Can they identify a solution when it is with them? What I'm trying to bring to your attention is the mind. If you can renew your mind, apply the word of God and build a future on a strong foundation, you will be able to identify the right relationships. The bible says by their fruit you shall know them.

A lot of people are not achieving their destinies because they have given themselves in to visionless relationships. Relationships control your approach to things and problems. This generation is at the edge of destruction because of bad relationships. Their future marriages have been destroyed even before they start because they have created images of relationships and satisfaction in their minds. Children of this generation have built images stating who they want to marry, who their husbands and wives will be, because of the relationships they have built in the past which is now imprinted on their minds.

Some marriages are based on the past relationships they had with people and they have created images of men and women in their minds expecting some characteristics and attributes from their husbands and wives. They have put together all good characteristics or good feelings from all the men they have dated or have been in relationships with, and they expect the man or woman they will marry to have all those attributes. In so doing, they end up creating a monster. Most marriages are breaking up because of this mindset which is based on their past relationships that were driven by lust or lack of vision. They want to feel the best part of each of the many relationships they had in the past.

Sexual relationships are for the married and not for the unmarried. It seals the relationship of the married and keeps the home together.

Hebrews 13:4

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

Titus 1:15

To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both their minds and their consciences are defiled.

Ephesians 4:23

And be renewed in the spirit of your mind;