

## SYLVIA'S CORNER

### SECOND THOUGHTS

Have you made a decision to leave the Mormon Church, have you already left, or are you thinking of leaving? Have you ever had second thoughts about whether you have done or are doing the right thing or not? Please be assured that this is normal!

We don't change thought patterns at the drop of a hat. Even once we have accepted the true Jesus as the Lord of our life, we have an enemy that likes to plant doubts in our minds about what we have done. And remember, we had been taught to believe that we should not dare to walk away from the teachings of the Mormon church. Although we now know that those teachings were false, we still can fall back into old thought patterns from time to time.

When I was led out of the church fifteen years ago, a very wise woman gave me tremendously important advice that I have held on to and used over and over. I would like to share this information with you.

She first cited the scripture in Philippians 4:4-7. It reads as follows:

*Rejoice in the Lord always and again I say, Rejoice. Let your moderation be known to all men. The Lord is at hand. Be careful for nothing but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

First, we need to recognize the things that cause these doubts. These are the things that give Satan access to our lives and allow him to cause those second thoughts. They are as follows:

1. Unrepentant sin
2. Fear
3. Resentment
4. Doubt
5. Looking back

#### 6. Holding on to false beliefs

#### 7. Lack of prayer

#### 8. Lack of bible study

In my spiritual walk, I can think of many times that I have been neglectful in one or more of these areas, and that is the time that the enemy has attempted access to my life in some way. It is our responsibility to stop and think if we have allowed Satan to do this to us.

When this happens, there are some things we can do:

1. If we haven't already, we can go to a Christian bookstore and purchase a small Bible Promise book. This has been so helpful in my life. God's promises are listed by categories like encouragement, doubt, fear, grief, etc. It's a quick way to find promise passages relating to what we are experiencing. Then we need to claim those promises for us. For instance, we can say, "Lord, you have promised in 2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, love, and a sound mind. I am claiming this promise of yours for my life, Lord."

Then it is so important for us to keep short accounts with God. We need to confess sins as they occur, and not let them build up in our lives where the enemy can develop a stronghold.

Then when these second thoughts occur, we need to take them to the Lord in prayer and ask for his protection and reassurance. We need to challenge these thoughts with the word of God. That's why it's so important for us to be reading the Scriptures, be in Bible studies, to be renewing our minds. We need the truth of God's word, because the truth will make us free.

We need to be reminded from time to time that we have come out of a belief system where our thoughts were controlled. We need to reconsider so many things. But God is with us!!!

Let us be diligent so that we have less and less second thoughts.