



## Replaying the Painful Thoughts

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

— Philippians 4:8

**Many people believe that once the traumatic event is over, the battle is over.**

**That is often far from the truth.**

**The abuse ended.**

**The betrayal happened years ago.**

**The divorce was finalized.**

**The affair was exposed.**

**The painful conversation is over.**

**Yet the trauma continues.**

**Not in the event itself, but in the mind.**

**Have you ever replayed a hurtful conversation over and over again?**

**Have you ever rehashed the details of an affair, imagining things you wish you had never seen or known?**

**Have you ever relived a betrayal so many times that it felt like it was happening all over again?**

**The enemy knows that if he cannot keep you trapped in the event, he will try to keep you trapped in the memory of it.**

**He uses mind games to prolong pain long after the moment has passed.**

**He whispers lies.**

**He plants fearful thoughts.**

**He magnifies worst-case scenarios.**

**He reminds you of what was said, what was done, and what was lost.**

**Sometimes he even convinces you to create painful scenarios in your mind that never happened at all.**

**And before you know it, you've hit replay.**

**Again.**

**And again.**

**And again.**

**The hurtful words play repeatedly.**

**The images resurface.**

**The questions return.**

**The anxiety grows.**

**The distrust deepens.**

**The wound feels fresh even though years have passed.**

**This is torment.**

**The enemy wants you trapped in a cycle of reliving your pain because he knows that a mind consumed with hurt struggles to embrace healing.**

**Social media often fuels this battle. People use it to expose, slander, bully, manipulate, and destroy relationships. One post, one picture, one comment can send someone spiraling into a whirlwind of painful thoughts and assumptions.**

**But God's desire is not for you to live in mental bondage.**

**The Apostle Paul gives us a different strategy.**

**He tells us to think on things that are true, honest, just, pure, lovely, and praiseworthy.**

**Notice he does not tell us to pretend the pain never happened.**

**He tells us to redirect our focus.**

**There is a difference.**

**God is not asking you to deny your hurt.**

**He is asking you not to make your hurt your permanent dwelling place.**

**When those painful thoughts begin to surface, stop and bring them before Jesus.**

**Lay the betrayal at His feet.**

**Lay the fear at His feet.**

**Lay the unanswered questions at His feet.**

**Lay the memories at His feet.**

**Then replace the lies with truth.**

**If the enemy says, "You'll never heal," remind yourself that God heals the brokenhearted.**

**If the enemy says, "Nothing will ever change," remind yourself that with God all things are possible.**

**If the enemy says, "You're too damaged," remind yourself that God specializes in restoring broken things.**

**This is what Scripture calls taking every thought captive.**

**It is not a one-time decision.**

**It is a daily discipline.**

**Sometimes it is an hourly discipline.**

**You may have to surrender the same thought one hundred times before it loses its grip.**

**Do it anyway.**

**Keep surrendering.**

**Keep praying.**

**Keep replacing lies with truth.**

**Keep believing God's promises over your pain.**

**The thoughts may come, but they do not have to stay.**

**You do not have to entertain every thought that enters your mind.**

**Not every thought deserves your attention.**

**Not every thought deserves your agreement.**

**Not every thought deserves a place in your heart.**

**Stop listening to the lies.**

**Focus on what is true.**

**Focus on what is good.**

**Focus on what God says.**

**Remember that He is still working.**

**He is still restoring.**

**He is still healing.**

**He still changes people.**

**He still repairs broken relationships.**

**He still heals broken hearts and binds up their wounds.**

**And He can do the same for you.**

**Believe in your healing.**

**Believe in God's promises.**

**Believe that your future is greater than your pain.**

**And trust the One who holds both your heart and your mind.**

**Prayer**

**Father, I surrender every painful memory, every anxious thought, and every lie I have believed. Help me recognize the enemy's attempts to keep me trapped in the past. Teach me to take my thoughts captive and bring them into obedience to Christ. Fill my mind with Your truth, Your peace, and Your promises. Heal the places that still hurt and help me trust You with the things I cannot control. Thank You for being my refuge, my healer, and my peace. In Jesus' name, Amen.**

**Reflection:**

**Just because a thought enters your mind does not mean it belongs there.**

**Every time you replace a lie with God's truth, you are choosing healing over torment.**

Be blessed everyone!

*Keda Lawson*

