

“Are you making a list and checking it twice?”

By Roberto Bruno

Have you ever made a list? You know like a grocery list, a wish list, or a “to do” list. These types of lists are practical and functional.

Unfortunately though there are other lists that people keep that cause anger, frustration, and bitterness. These lists consist of the wrongs that someone has committed against you. Possibly by a parent, coworker, spouse, or church member, that did you bad and you relive the wrongs frequently in your mind. We don't necessarily write these lists down on paper but we do write them on our hearts and minds.

Proverbs 4:23 says, “Keep your heart with all diligence, for out of it spring the issues of life”. If we are not careful of what we think about our very thoughts can run our lives. We need to make a choice. Do we keep the list of wrongs or let it go? II Corinthians 10:4-5 says, “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ”. We must not allow our emotions and thoughts to run our lives. We are in charge of our lives not our feelings. Author Max Lucado wrote in his book “A Love Worth Giving” “You are not a victim of your thoughts. You have a vote. You have a voice.”

Let us take control of every thought and tear up those “Hate lists” that are stored in our hearts and live the life of freedom. “Therefore if the Son (Jesus) makes you free, you shall be free indeed”. John 8:36. Put the list down and back away slowly ☺

