

What Does it Mean to be Double-Minded?

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As we journey through life, it is not uncommon to run into those times when it seems a brick wall has sprung up and our progress has slowed. Decisions seem harder to make, our thoughts can be troubling and peace seems illusive. James 1 talks of these times as 'trials' and that we will have all kinds of them. Other words to define these times of testing are 'trouble, grief or stress, an annoying or frustrating person or thing, an affliction'. God is not unaware of these distressing circumstances when they come upon us. Rather, He tells us to call out to Him, wait for His help. Ask for wisdom and... "be happy". So, what does being happy have to do with being in a hard place and struggling with making good decisions that will release blessings?

James goes on to tell us when we doubt that God is waiting to help us, we become as a wave which is pushed around by the sea. Such a man or woman will get nothing from the Lord. Getting nothing is pretty strong language when you are looking for answers. But a double-minded man or woman (hesitating, doubting, unstable), who has two ways of thinking, cannot hold his or her position. Everything will be affected when we are double-minded and uncertain.

Scripture talks a lot about the heart and the mind as being inseparable. Philippians 4:7 states, "and the peace of God, which surpasses all understand, will guard your hearts *and* your minds in Christ Jesus". Having agreement between the two, our heart and our mind, will allow this peace to protect them.

Our mind and body are truly and integrally connected. Scientific research has shown that at any one moment, our brain is creatively performing about 400 billion actions, of which we are only conscious of around 2,000. Research has also shown that around 87% of illnesses can be attributed to our thought life and approximately only 13% is a result of genetics, environment and diet. Our culture is exposed to an epidemic of toxic emotions that are link to chronic diseases (also known as lifestyle diseases).

These toxic emotions are linked to our thoughts. The brain has two sides. The left side of the brain is the thinking or conscious side (being aware, responding to one's surroundings). The right brain is the feeling and the subconscious side (part of the mind that influences one's actions which we are not fully aware). When we *think* a certain thought about a matter (consider, reflect, meditate, suppose, imagine, have an opinion or intent), but we unknowingly *feel* in our hearts that we are not worthy of it, more than likely we will not receive it. When there is disagreement between the two sides of our brain and there is no agreement of thought and feeling, there is an inner conflict or war. This conflict will remain in place until the two, thought

and feeling (the two sides of the brain), are resolved and the two hemispheres have come together in unity. Otherwise, our feelings WILL win over our thinking! This double-minded state has now rendered us to a place of unstableness.

The thought (conscious) hemisphere of the brain operates in the past or the ponderings of the future. The feeling (subconscious) hemisphere of the brain operates in the now. When the two are in harmony, there is created a state of being single minded. This single minded state of being allows peace, health and blessings to be released. Remember James 1 talks of our being happy in our trials? Happiness is a feeling or emotion. When our thoughts and feelings are in agreement, the Word of God released into our situation brings quick results. Even here the scripture is showing that our feelings are important to initiate change in our time of trials.

Thoughts and feelings have energy or vibrations. When they are in agreement with each other or flowing in the same direction, these vibrations will not oppose or war with each other as in being double-minded. God states, 'I know the plans I have for you, plans to give you a hope and a future'. When we know God is for us, our hope (a feeling of expectation) will come into agreement with His thoughts for us. Faith is a substance or energy. Faith could be said to have vibration. It is living, active and powerful! That is why faith is rewarded. Without this tangible emotional feeling (faith) of knowing God is for us, we cannot please Him. Speaking God's Word is good. But we can speak His Word yet not really have hope that God wants to release healing, blessings or help for us. However, when our feelings and thoughts align with His Word during those times of adversity, this agreement or single mindedness pleases God and draws His attention towards us.

Before coming to faith in God, I had asked God for a sign so I could believe in Him. I just wanted something tangible and had quite a time of wrestling with Him in this area. Some pastors were going door to door witnessing so I shared my struggle and went with them to be baptized in a desperate attempt to connect (all I got was wet). I really thought I had to clean up my act before He would accept me. One day, I was home alone and decided to just have faith that God was Who He said He was and to believe. I remember the strength of the battle of bringing into agreement my thoughts and my feelings about the whole matter. The moment my feelings and thoughts came into harmony, I became single minded to just believe and all of heaven seemed to open up over me. The room became full of light, a huge weight lifted off me and I entered into an amazing walk and awareness of the supernatural Kingdom of God that I could have never imagined!

We all are created to live in this state of peace. The key is to realize it is a process that Holy Spirit is here to help us walk through each and every day. We gain ground little by little so it can be held. God is faithful and will keep us close to Him as we learn to take captive these thoughts and feeling. So be happy knowing you are not alone. God truly is for you!