

# *Runaway Mind Disorder*

*What is the solution?*

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## **R.M.D.**

This term arose upon awaking from deep sleep, and, as far as I know, it is a term that originated in the Spirit.

With the term came the observation of how thoughts deter and distract us, but what is astounding is that *it does this without our recognition.*

“Follow me,” entices a thought, “and I will show you the way.” Our attention obediently follows the thought *because we don't know that we aren't that thought*, and sidetracks us from our intention.

It's as though we have no inner recognition that when a thought pops up and says, “I've got the solution”, it is only a thought that presented itself in the mind. We have the choice as to whether or not we will follow it. If we don't make the choice, we may find one thought

produces another thought which produces yet another. And, before we know it, a runaway mind more dangerous than a runaway train is running full blast in the head.

Seven years ago, about a year preceding a dramatic shift inside, grace was given which enabled me to realize that thoughts are things I *have* rather than who I *am*.

A half century had passed before realizing **I am not what I think.** (What we are is much deeper than thought.) But when I began to notice how misleading thoughts can be, how they got my attention and tried to captivate me fully, and how they rotated endlessly around and around, something noteworthy also began to take place: *I began to notice a distance between “me” and “my thoughts”.* This in itself was quite liberating and I began to experience peace for greater stretches of time. I was not

yet free from a runaway mind, but I was getting better at not paying it attention.

Sadly, many spend their entire lives captivated by their thoughts, living in mind-made strongholds that repeatedly pull them this way and that. That's because the mind has become ruler, abdicating its rightful place as servant.

*“Casting down imaginations and bringing into captivity every thought to the obedience of God” (2 Cor. 10:5).*

## **THE MIND USED TO BE DIFFERENT**

Prior to Adam's fall his mind was an efficient servant. He cataloged all the other lifeforms the Lord had made. He gave names to every kind of creature and recalled them with ease:

And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and brought them unto the man to see what he would call them: and whatsoever the man called every living creature, that was the name thereof. And the man gave names to all cattle, and to the fowl of the air, and to every beast of the field... *Gen. 2:19, 20*

Rather than grunting around the cave with club and torch, Original Human was a noble and refined being. Highly

intelligent he lived in a deep sense of peace in God's presence. His mind worked efficiently when called upon, as in cataloging and naming the thousands of species, but chiefly abode in rest. The reason this Genesis text is presented here is to give a Scripture example of what Paul meant millennia later when he attested, *“God has... given us... a sound mind”* (2 Tim. 1:7). It was only after Original Human disconnected from the Source that his mind began to falter.

As schoolchildren were told *use your minds* implying that this is our highest function, but our minds ended up using us instead, didn't they? *“My mind has a mind of its own.”* Yes, but it doesn't have to be believed in and followed blindly. Have you yet observed that often what you think is not true? Have you noticed that thought is a poor predictor of the future? That it cannot ascertain present things correctly? That it knows most of what it thinks it knows only partially? That it is often wrong?

Have you yet come to see that thoughts are not to be trusted? Don't believe every thought that happens along.

## WHY DO WE OVERTHINK?

1. We wrongly believe that unless we are thinking we aren't being. You don't cease to exist when your mind becomes still. Rather, you are more alive than when engrossed in thought. You may think, why of course I know that! But do you?
2. We don't know that a deeper intelligence abides in the spirit than it does in the mind.
3. We are trying to fix the past. We have yet to understand that the past is over; it does not exist.
4. We have yet to realize that life is to flow from a deeper place inside.
5. We have unhealed pain for which we are trying to reason our way to healing. So much better to “let go and let God.” Overthinking past hurts does not alleviate their pain.

## THE FUTILITY OF TAKING THOUGHT

In Matthew chapter six Jesus showed the truth of this message:

“Therefore I say unto you, *Take no thought* for your life...Which of you *by taking thought* can add one cubit to his stature? ... Therefore, *take no thought* for tomorrow...”

This “taking” of thought is what the Greek text says rather than the word “worry” that modern translators have chosen. Jesus' use of “taking thought” affords a powerful insight that is itself quite illuminating because whenever we take something we chose to take it.

Jesus is telling us, thoughts may come but you don't have to take them; you can let them pass.

***Never take thought—instead let thought arise.***

Jesus' use of “take no thought” reveals another important truth about thought. *Thought is outside of you*—the real you, that is. You have internal organs but they are outside the real you too. You needn't take a particular thought anymore than you must pick a particular fruit as they did in the Garden!

You can choose which thoughts you will “pick” and which thoughts you will let pass. The way to determine which thoughts are picked from

those that are passed is vital. Here is a surefire way this one has learned. *When a thought arises it is light as air, not heavy and stifling.* How different from when they drop heavily onto your mind like bird poop.

One of the gifts we have been given in this life is a mind. We are able to use it and not allow it to use us. May Abba give us grace to see if runaway mind disorder exists in us. Once it is recognized it can be relieved.

## HOW DO WE GET FREE FROM R.M.D?

If your heart has resonated with these words, let me offer just two suggestions that may help you.

*Become aware when running thoughts are occurring.*

Just notice when it happens. Noticing it weakens it. It's like turning on a light on a hiding bug. As it scampers it gives itself away. The carnal mind knows it can only triumph when an individual doesn't realize it is functioning. Once it is revealed, the jig is up.

*Cultivate a deeper sense of stillness.* This is what David did when “he went

in and sat before the Lord.” Simply sitting quietly each day for a brief period of time will deepen the stillness in you. You don't always have to be doing, thinking. You can allow yourself to simply be for awhile each day. Alert. Still.

If you try to stop your thoughts you may find that you can't because you end up thinking about not thinking. It just doesn't work. It is futile to attempt “mind control” or “will power” here. Instead, *allow* yourself to grow still inside. “Be still and [then you will] know that I am God” (Psa. 46:10).

Becoming still will make life richer. You will come to love deep abiding stillness and find it most delightful.

But first simply “draw aside”.

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