

Published based on [When Visions of a Cookie Danced in My Head \(The Power of a Thought\)](#)

# **When Visions of a Cookie Danced in My Head (The Power of a Thought)**



It began as a thought. An inconsequential thought that danced through my mind.

“Do you like cookies, cakes, or pies better?”

No doubt, I thought. Cookies. Yep, I love cookies. I love the texture. The chewiness.

Then I began to envision THE cookie. A dark chocolate chip cookie with oatmeal and pecans or walnuts. Now for those of you who know my family, I am not talking about Eddie’s favorite cookies, No Bake Chocolate Oatmeal Cookies, which are not a cookie at all because they are not even baked! He often mentions these cookies and church members will bring him batches of them to show their love. We even got a batch after my surgery. (How does that work? It’s my surgery and he gets his favorite cookies!)

Some 18 hours later, THE COOKIE was still in my head. I considered baking a batch, but I knew that would mean that I would most likely eat the batch. No one else in my house loves THE cookie but they are irresistible to me. They draw me back to the kitchen over and over. They beg to be eaten with my morning coffee and enjoyed mid-day with a glass of milk and savored in the afternoon and snacked on at night.

“Let’s go to Starbucks and get a cookie,” I told my husband, Eddie.

The Starbucks part was just a ploy to draw him in. He loves Starbucks coffee, but I was after THE cookie.

Within minutes, we were off. After a couple of errands, I refocused on my cookie mission.

By this time, Eddie had bought in and was all about “getting a cookie for my girl.”

The first stop was Yummies Bakery since it was nearby. I snubbed my nose to the sugar cookies and the cupcakes, knowing they would not satisfy my craving.

Back in the car, I had an inner sense that THE cookie was not to be found in Florence, Alabama, but nonetheless, we navigated to the next stop. Publix. Marching straight to the bakery section with money in hand, I perused the glass cases which did not contain anything remotely like THE cookie.

Not to be deterred, Eddie insisted that we were on the Great Cookie Search and we would not give up. Panera was next. Then Books-a-Million. And then Starbucks.

THE cookie was not to be found. I settled for an oatmeal raisin cookie from Starbucks but should have just saved myself the 200 calories because it was not THE cookie, which still whispers to me that it would be the end-all experience to satisfy my deepest longings. (Do cookies ever lie to you?)

Thoughts have so much power! I should have taken the cookie-thought captive and saved myself some time, money, and calories. It was, however, a fun venture being on The Great Cookie Search and I felt loved because my hubby insisted that he would drive all over Florence until he found what I wanted.

Thoughts can awaken desire and desire can be a strong force. What thoughts are dancing in your head? Do you need to take them captive and replace them with other thoughts, let's say, thoughts of broccoli?

Don't let any negative or rebellious renegade thoughts stay too long in your mind because thoughts produce actions and actions have consequences. 2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

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