

THOUGHTS ON THINKING

1. All my behavior is based on what I BELIEVE.

Proverbs 23:7 "For as he thinks, so is he ..." (KJV)

Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it." (NIV)

Proverbs 4:23 "Be careful how you think; your life is shaped by your thoughts." (TEV)

2. Behind every negative feeling or sin is a LIE (misbelief, irrational thought) I believe in.

Titus 3:3 "At one time we too were foolish, disobedient, **deceived** and enslaved by all kinds of passions and pleasures ..." (NIV)

2 Corinthians 4:4 "The god of this age has **blinded the minds** of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God." (NIV)

3. Change always starts IN THE MIND.

Romans 12:2 "Do not conform to the pattern of this world, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will." (NIV)

Ephesians 4:22-24 "22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 **to be made new in the attitude of your minds**; 24 and to put on the new self, created to be like God in true righteousness and holiness." (NIV)

4. I must first change my BELIEFS if I want to make lasting changes.

2 Corinthians 10:3-5 "3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to **demolish strongholds**. 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." (NIV)

Romans 8:5-7 “⁵Those who are dominated by the sinful nature **think** about sinful things, but those who are controlled by the Holy Spirit **think** about things that please the Spirit. ⁶So letting your sinful nature control your **mind** leads to death. But letting the Spirit control your **mind** leads to life and peace. ⁷ For the sinful nature is always hostile towards God. It never did obey God’s laws, and it never will.” (NLT)

5. I need to fill my mind with THE TRUTH of God’s Word in order for me to make changes in my life.

John 8:31-32 “³¹ To the Jews who believed in Him, Jesus said, “If you hold to my teaching, you are really my disciples. ³² **Then** you will know **the truth**, and **the truth will set you free.**” (NIV)

Mark 1:15 “The time has come, He said. “The kingdom of God has come near. **Repent** and believe the good news!” (NIV)

Repent = “change your mind”

Acts 20:32 “³Now I’m turning you over to God, our marvelous God whose gracious Word can make you into what he wants you to be and give you everything you could possibly need ...” (Mes)

BOTTOM LINE

Philippians 4:8-9 “⁸ Finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent and praiseworthy—**think about such things.** ⁹ Whatever you have learned or received from me, or seen in me—put it into practice. And the God of peace will be with you.” (NIV)

- Thought—“think about such things”
- Action—“put it into practice”
- Experience—“The God of peace will be with you”

Our thoughts SHAPE our lives.