

THINK ABOUT YOUR THOUGHTS

Bible Study Lesson – Broken 2 Beautiful

Inspirational Aim:

- As believers, we must guard our minds against ungodly thought patterns that could give the enemy access to authority in our lives. Remember, how we think directly influences how we act and ultimately how we live.

Resources:

- Battlefield of the Mind, Joyce Meyer
- *Changing Your Life – Thinking*, Pastor Gregory Dickow

Scripture Emphasis:

- Ephesians 6:10 – 12

Finally, my brethren, be strong in the Lord, and in the power of his might. **Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.** For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

One of the main “wiles” of the enemy is to attack our minds. Satan throws accusations & lies at us to “penetrate” or poke holes in our faith and confidence in Christ. Then, if we allow the hole to remain, he comes in to and tries to take authority over our lives. It is important that we think about our thoughts. *“How you think directly influences how you act and ultimately how you live.”*

I. Why should I care about my thoughts?

Joyce Meyer defines thoughts in her book Battlefield of the Mind as “silent words that only we and the Lord hear – these words affect our inner man, our health, our attitude, and our joy.” The whole reason the devil attacks us mentally is to try to slap God in the face by using our thoughts to contaminate a holy relationship. Satan understands that...

a. Thoughts produce actions/fruit (*Matthew 12:33*)

Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by [his] fruit.

b. Thoughts produce your personality (*Proverbs 23:7*)

For as he thinketh in his heart, so [is] he...

c. Thoughts produce beliefs

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II. What kinds of thoughts should I have? (Normal Thoughts)

<p style="text-align: center;">NORMAL THOUGHTS</p> <p><i>“Let the mind of the Master be the master of your mind.”</i></p> <p style="text-align: right;"><i>Unknown</i></p>	<p style="text-align: center;">ABNORMAL THOUGHTS</p> <p><i>“You can’t act like the devil and expect to have authority over him.”</i></p> <p style="text-align: right;"><i>Pastor Gregory Dickow</i></p>
<p>Peaceful & alert mind</p> <p><i>(Isaiah 26:3)</i> <i>Thou wilt keep [him] in perfect peace (wholeness= nothing broken, nothing lacking), whose mind is stayed on thee: because he trusteth in thee.</i></p> <ul style="list-style-type: none"> • When your mind is at rest, that ‘s when you can hear clearly from the Lord – you are being attentive. 	<p>Busy mind (reasoning, worry, complaining)</p> <p><u>Reasoning</u> <i>(Isaiah 55:8-9)</i> <i>For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.</i></p> <ul style="list-style-type: none"> • Satan steals God’s will from us by trying to make us understand everything (God’s ways not always logical) <p><u>Worry (to seize by the throat w teeth & shake) and Complaining</u> <i>(Phi 4:6-7)</i> <i>Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God (Don’t worry about it, pray about it!). And the peace of God, which passeth all understanding (far beyond human understanding), shall keep your hearts and minds through Christ Jesus.</i></p> <ul style="list-style-type: none"> • I hear your requests, but why should I give you more? So that you can worry about that too, or complain about that as well?
<p>Positive & Faithful</p> <p><u>Positive, Godly things</u> <i>(Philippians 4:8)</i> <i>Finally, brethren, whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things.</i></p> <p><u>Faith</u> <i>(Hebrews 11:6, emphasis added)</i> <i>But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.</i></p>	<p>Negative & Unbelieving mind</p> <p><i>(I’ll never make it, I don’t deserve God’s blessings, It will never work, etc.)</i></p> <p><u>Negative, Defeating things</u> <i>(Isa 43:18-19)</i> <i>Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.</i></p> <ul style="list-style-type: none"> • Satan will fill your mind (if allowed) with all types of negative thinking about yourself (John 8:44=father of lies). He began with early failures and rejections, so he could bring them back to your remembrance. God is doing a new thing now...let go of the former things! <p><u>Unbelief</u> <i>(James 1:5-8)</i> <i>If any of you lack wisdom, let him ask of God, that giveth to all [men] liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. A double minded man [is] unstable in all his ways.</i></p>

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	<ul style="list-style-type: none"> • <i>Moving back and forth between faith and doubt; causes confusion</i>
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NORMAL THOUGHTS	ABNORMAL THOUGHTS
<p><i>“Let the mind of the Master be the master of your mind.”</i></p> <p style="text-align: right;"><i>Unknown</i></p>	<p><i>“You can’t act like the devil and expect to have authority over him.”</i></p> <p style="text-align: right;"><i>Pastor Gregory Dickow</i></p>
<p>Concerned for things of the Lord</p> <p><i>(Romans 8:5)</i> <i>For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.</i></p>	<p>Wandering mind Critical, Judgmental, Suspicious mind</p>
<p>Meditating on the Word of God <i>(Psalm 119:15)</i></p> <p><i>I will meditate in thy precepts, and have respect unto thy ways.</i></p> <ul style="list-style-type: none"> • <i>The more time spent thinking about the word, the more power and ability you have to do it.</i> • <i>What you keep in your mind is important...“A single text, well understood, and rightly applied, at once destroys a temptation or an objection, and subdues the most formidable adversary. ”</i> 	

III. How can I change my thinking?

a. **Discipline your thoughts** (2 Corinthians 10:4-5)

(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

- *Remember, no negative thoughts! When your thoughts line up with the Word, you can shut the devil up!*
- *Compare what’s in your mind to what’s in God’s mind (as revealed though His Word)...anything that tries to exalt itself above God must be brought into captivity.*

b. **Fill your mind with positive thoughts** (Ephesians 4:27)

Neither give place to the devil.

Suppose you had been house hunting in a development of new homes, and when you found an empty one you tried to get into it. If the house was full, occupied by people, you wouldn't dare try to get in. That's exactly what Satan does. He looks for vacuums. He looks for empty houses. They may be clean, but if God is not within you, having made you His temple, you can be sure the devil is going to occupy you. Be filled with the Spirit of God.



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- c. Abide in the Word
- d. Know that God is with you
- e. **Don't give up!**

The Reward is coming (Galatians 6:9)

And let us not be weary in well doing: for in due season we shall reap, if we faint not.

God will work it out in you! (Philippians 1:6)

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

IV. What is the result of changing my thinking?

- a. **God wants to be gracious to you (Isaiah 30:18)**
And therefore will the LORD wait, that he may be gracious (to bend or stoop to be kind to an inferior) unto you, and therefore will he be exalted, that he may have mercy upon you: for the LORD is a God of judgment: blessed are all they that wait for him.
- b. **You shall have success (Joshua 1:8)**
*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good **success**.*

In conclusion, really take time to think about what you are thinking about.

Maybe it will help you to picture it like this – your mind is an endless hallway leading to your Spirit (the real you). On either side of the hallway are doors and walls. What pictures do you have hanging on the walls of your mind? If Christ were to take a stroll down the hallway (on His way to your Spirit), would he be pleased with what he found behind some of the doors?

Take heart – all is not lost if you realize that your thoughts have been causing the problems in your life. Ask God for forgiveness. If you don't know Christ, or you "think" you're a Christian – please say the prayer below...

Prayer of Repentance & Salvation

Dear God,

I am sorry. I'm sorry for living life contrary to your will. As hard as I try, I keep doing the things I don't want to do, and neglecting the things I should do. I now recognize that I am the problem, and I cannot do this on my own.

I ask now that you would forgive me Lord. Forgive me for ungodly thoughts that produced idleness and sinfulness. Cleanse my heart, and remove anything that is not of you...bitterness, hatred, unforgiveness, doubt, pride, and whatever else may be there. Transform my mind and my thinking so that I focus on your commands and your promises.

Thank you for sending your son Jesus to die for my sins, and I acknowledge Him as Lord. I give you access into my life Jesus. Save me, oh Lord. Help me to live for your glory.

In Jesus' Name, Amen.