

OUR LIVES ARE ALWAYS MOVING IN THE DIRECTION
OF OUR STRONGEST THOUGHTS

QUESTION: *If your life is always moving in the direction of your strongest thoughts, are you excited about where your thoughts are taking you?*

YOU CANNOT HAVE A POSITIVE LIFE WITH A NEGATIVE MIND

2 Corinthians 10:3-6 (ESV) ³ For though we walk in the flesh, we are not waging war according to the flesh. ⁴ For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. ⁵ We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, ⁶ being ready to punish every disobedience, when your obedience is complete.

STRONGHOLD:

A _____ OR _____ FROM SATAN THAT HOLDS US CAPTIVE

MY _____ ARE NOT AS GREAT AS GOD'S _____

WHEN WE COME TO THE END OF OUR _____

IS WHEN GOD'S _____ BEGINS

Romans 12:1-2 (NLT) *And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

TRANSFORMATION HAPPENS WHEN WE _____ GOD
TO CHANGE THE WAY WE _____

IF YOU DON'T CHANGE WHAT YOU _____,
YOU WON'T CHANGE WHAT YOU _____

Romans 7:18-20, 24-25 (ESV) ¹⁸ For I have the desire to do what is right, but not the ability to carry it out. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me... ²⁴ Wretched man that I am! Who will deliver me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

HOW DO WE TRAIN OUR MINDS?

Philippians 4:8-9 (ESV) ⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

WHATEVER YOU PUT IN YOUR _____ COMES OUT IN YOUR _____

CHRISTIAN MEDITATION

TO FOCUS OR DISCIPLINE ONE'S THOUGHTS
ON GOD AND HIS WORD

Psalms 119:15 (ESV) *I will meditate on your precepts and fix my eyes on your ways.*

Psalms 143:5 (ESV) *... I meditate on all that you have done; I ponder the work of your hands.*

MEDITATION PRACTICE

- ACKNOWLEDGE GOD'S _____
- WHAT STRONGHOLD (LIE OR IDEAL) IS _____?
- WHAT SCRIPTURAL _____ FROM GOD'S WORD
_____ THE STRONGHOLD?
- _____ IT – _____ IT – _____ IT – UNTIL I _____ IT

UNCERTAINTY: PROVERBS 3:5-6

INADEQUATE: ISAIAH 40:10

BURNOUT: PHILIPPIANS 4:13

ANXIOUS: PHILIPPIANS 4:6-7

TEMPTATION: 1 CORINTHIANS 10:13

John 8:32 (NIV) *"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."*