



## COVENANT CHURCH

Mother's Day 2020

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**Main Idea** – To receive healing and freedom, focus on the good things God has already declared about your life. Take control of your thoughts. God's Word does not give you permission to focus on visible, temporary, negative circumstances.

### **Control your thoughts so they have order**

- It is easy to let your thoughts run unattended; subject to whatever negative whim or fear Satan might introduce to your mind.
- Your life will follow your thoughts. If you dwell on negative ideas you will perceive reality as a bad thing. If you focus on truth as revealed in Scripture, you will understand your life as part of God's bigger, positive vision.
- **Psalm 118:23** – **This is the Lord's doing; it is marvelous in our eyes. (NKJV)**
- The Word of God does not give you permission to dwell on negative things. To keep from thinking about ideas that make you anxious or fearful, meditate on the ideas which Paul identified to the Christians at Philippi.
- **Philippians 4:8** – **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 or praiseworthy* – think about such things. (NIV)**

### **Think about what is true**

- There is temporary truth: things such as visible facts.
- There is, more importantly, eternal truth: what God has declared in the Bible.
- Sometimes, temporary and eternal truths may seem in conflict.
- However, God's eternal truth does not change because of your temporary circumstances.

### **Think about what is noble**

- The word noble means something that is "high born." **Romans 8:28** – **And we know that all things work together for good to those who love God, to those who are the called according to His purpose. (NKJV)**
- Nobleness is from God. We, in our place in the physical world, are not able to conceive nobleness without the Holy Spirit. **Isaiah 55:8-9** – **"For My thoughts are not your thoughts, nor are your ways My ways," says 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.” (NKJV)**

- God, in His wisdom and omniscience (infinite knowledge), has allowed you to have free will. However, your free will - if not controlled - can let wrong thinking cause chaos in your mind.
- At some point, Jesus will not allow chaos to continue. But, that time has not yet arrived. **Hebrews 2:8 – “You have put all things in subjection under his feet.” For in that He put all in subjection under him, He left nothing that is not put under him. But now we do not yet see all things put under him. (NKJV)**
- In the meantime, reject chaos. Know that Satan will come after you looking for a fight. Fight from a place of healing where chaos does not exist; knowing **“that all things work together for good to those who love God”** (see Romans 8:28 above). That is what “thinking noble” is about.

#### **Think about what is right**

- Satan will try to convince you that your life does not matter; that you are not really that important.
- The eternal truth is that, because God has called you, the world is a better place because you are in it. That is the right (correct) idea.

#### **Think about what is pure**

- Purity is untainted. Pure thoughts contain no doubts or fears.
- God has already provided your healing. He has already given you everything you need for victory and success.
- **Romans 8:31-32 – What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? (NKJV)**
- Accept that truth. Step into it; absorb yourself in it.

#### **Think about what is lovely**

- Sometimes, thinking about loveliness requires an intentional effort at observation and imagination.
- God’s goodness is present in every situation. Identify what is good in your situation; focus on the good. There is a beautiful future in front of you.
- **Hebrews 11:1 – Now faith is the substance of things hoped for, the evidence of things not seen. (NKJV)**
- Faith is a substance – a tangible thing – that reveals itself in joy and peace as you think about God’s goodness.

### Think about what is admirable

- You are not alone in your fight against evil.
- There are many people all over the world doing heroic things; who are working hard to make life on earth a better place.
- Their work is admirable, and available for you to recognize and observe.

### Think about what is excellent and praiseworthy

- Even If you are in a bad situation, not everything is bad. There are many good things about your life. Think about the things in your life that are functioning well.
- God is for you. He is doing good things in your life.
- Recognize all those good things in your life even as the negative things are in the process of being healed.

### Hang onto God's Word

- What you are experiencing might be temporary truth, but it is not necessarily eternal truth.
- God's Word declares the eternal truth. His Word is what your thoughts should meditate on: **Matthew 4:4 – But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’” (NKJV)**
- God's Word has been declared in this sermon message. Receive that Word. **Romans 10:17 – So then faith comes by hearing, and hearing by the word of God. (NKJV)**
- Meditate on the peace, strength, and hope that come from knowing the eternal truths about you contained in God's Word.
- Take control of your thoughts by thinking about the things the Bible tells you to think about.

### Reflective Questions for Mother's Day 2020

1. Based on **Philippians 4:8** (above), Pastor Amie said that God's Word does not give you permission to dwell on negative things. Why will it take a conscious effort on your part to focus on the positives in your life?
2. Identify the places in this message where Pastor Amie's practical steps to contentment were most meaningful to you.

3. Is there someone you know who has a tendency to dwell on negative things? From the truths in this sermon message, what can you do to help that individual?