



WHAT ARE YOU THINKING?

MEN'S PASTOR WILFREDO CONTRERAS

04.26.2026

Summary

Drawing from Genesis 3 through Philippians 4, Men's Pastor Wilfredo Contreras delivers a practical, Spirit-filled message on the power of our thought life. Just as Satan changed Eve's thinking in the garden — causing her to doubt God's word — he is still working today to shift our minds away from truth. The sermon challenges believers to actively guard their hearts, take every thought captive in the name of Jesus, renew their minds through the Word, and redirect their thinking toward things that are true, noble, pure, and praiseworthy. The result, Scripture promises, is the peace of God that surpasses all understanding.

Top Points

1. **Satan's primary strategy is to change your thinking.** Just as he corrupted Eve's mind in the garden, he is still working to distort how we hear and interpret God's Word today.
2. **Everything starts in the mind.** What you think determines the course of your day, your words, and your life — for better or worse.
3. **You are not of this world.** Believers have been sanctified and separated by God's truth; we should not be shaped by the world's system, media, or fears.
4. **Guard what goes in — because it will come out.** What you watch, hear, and dwell on fills your heart, and eventually your mouth and actions will reflect it.
5. **As a man thinks in his heart, so is he.** Your self-perception matters — think of yourself as God sees you: a son or daughter made in His image.

6. **Renew your mind daily through the Word, prayer, and community.** Transformation comes not from one Sunday but from consistent reading, meditating, and doing the Word.
7. **Take every thought captive in the name of Jesus.** When fearful or negative thoughts come, don't let them fester — actively pray against them and replace them with God's truth.
8. **Be anxious for nothing — trade worry for thanksgiving.** Bringing requests to God with thanksgiving, rather than begging or worrying, positions us to receive His peace.
9. **The peace of God surpasses all understanding and guards your mind.** It is available now — you can live heaven on earth today.
10. **Use the gifts God gave you — don't leave them on the shelf.** Transformed thinking produces action; believers are called to share their gifts with the body of Christ.

Quotations

1. *"Isn't it like Satan that when God gives you an instruction, Satan comes and tries to change your thinking?"*
2. *"If you're not reading the word, if you're not in the word, then your thinking can be changed quickly, church."*
3. *"Everything starts right here. And it's going to set your life in course. It's going to set it to go great today or it's going to be bad today."*
4. *"You realize that maybe the bad stuff is like 20% of your life, but 80% is good. Can you think about the 80% and not the 20%? It's your choice."*
5. *"God does not control your thinking. I can't control your thinking. I'm not even going to attempt to control your thinking. We have to make that decision."*
6. *"For as he thinks in his heart, so is he. So what do you think about yourself?"*
7. *"If you want your life altered, if you want your circumstances altered, you got to spend time in the altar."*
8. *"God is not moved by your begging or by your crying. He's moved by His word. He's moved by your faith."*
9. *"Father, in the name of Jesus, I take it captive and I make it obedience to Christ. Father, I thank you that your angels are around us. That's how I fight."*
10. *"The peace of God that surpasses all understanding — all that stinking thinking — it surpasses all that. That's the peace of God."*
11. *"If I fall, I get up. And I don't run away from him, I run to him."*
12. *"You've got to make that decision when those negative thoughts come against you — it's trying to steal your peace. And it's going to take your peace if you allow it to."*