

Masterpiece part 4: The Power in our Thoughts

Feelings never descend on us randomly...As a general rule, our feelings flow out of our thoughts.

Story of Jezebel and Elijah

1 Kings 19:1-5

Elijah thought the problem was Jezebel, but there will always be Jezebels in our lives. The real issue and challenge is between our ears - In our minds! The way we live our lives will inevitably be a reflection of the way we think.

True change always begins within our minds!

Romans 12:1-2

“Think great thoughts!”

1. “Monitor” your mind

The spiritual life begins with paying attention to our thoughts.

Psalms 139:23-24

Romans 8:6

Life/Peace Thoughts Death

2. “Set” your mind

“The ultimate freedom we have as human beings is the power to select what we will allow or require our minds to dwell upon-- Dallas Willard, *Renovation of the Heart*

Colossians 3:1-2

- Memorizing scripture

“Our war against the enemy of our soul is not a war of guns and bombs. It’s not against people at all. It is a war on lies. The problem is less that we tell lies and more that we live them; we let false narratives about reality into our minds, and they wreak havoc in our souls.” John Mark Comer, Live no Lies

3. “Feed” your mind with Excellence

Philippians 4:8

QUESTIONS

Your mind will be shaped by whatever you feed it. What can you feed your mind with so that you can flourish? Are there things you need to reduce or eliminate in order to change the way you think?

Psalm 1:1-3

James 1:22

Meditation/reflection:

How are the principles of God's word transforming me?

Am I becoming more loving? More patient? More kind? More humble? More faithful?