

LIFE ON PURPOSE– Change Your Thinking, Change Your Life – Week 2

THE BIBLE SPEAKS TO OUR THOUGHTS/THINKING:

Psalm 139:23 (NIV)

Search me, God, and know my heart; test me and know my anxious thoughts.

1 Corinthians 2:16b (NIV)

But we have the mind of Christ.

Romans 12:2a (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind...

Ephesians 5:26b (NIV)

...washing with water through the word...

Colossians 3:1-4 (NIV)

Since then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

Set your heart, then set your mind. The heart goes first, but our hearts and our minds are always connected.

~~THOUGHTS ACTIONS HABITS FUTURE~~ (we often think this)

{Slide 10} HEART THOUGHTS ACTIONS HABITS FUTURE (but it's actually this)

So start with the heart. Guard your heart with all diligence for out of it flows the issues of life.

How Does Setting My Heart Affect My Thoughts?

1) The Word deals with your heart, which impacts your thoughts.

Hebrews 4:12 (NIV)

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

2) Store the Word in your heart to think better thoughts.

Psalm 119:11 (NIV)

I have hidden your word in my heart that I might not sin against you.

3) Let the Word guard your heart through quieting other voices. {Slide 16}

Philippians 4:8 (NIV)

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.

4) The Word reveals the toxic thoughts you need to capture. {Slide 18}

2 Corinthians 10:5 (NIV)

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

5) The Word re-wires your mind when you submit your heart. {Slide 21}

Romans 12:1-2 (NIV)

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

6) The Word strengthens your self-talk, which leads to healthy thoughts.