

Headspace: Why you need to think about what you think about

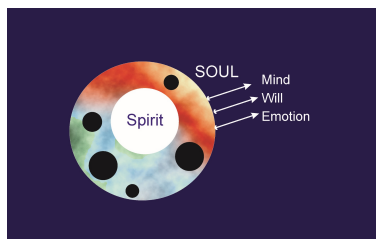
Louis Du Piesanie 04/08/2019

1. OUR MIND IS A GIFT GIVEN TO US BY GOD.

- 1.1. Our mind gives us the ability to know God because we are made in His image.
- 1.2. We can have creative thoughts only because God thinks creatively and He made us in His image.
- 1.3. We might not always be thinking about God, but God is always thinking about us

Psalm 139:17-18 (The Living Bible) “How precious it is, Lord, to realize that you're thinking about me constantly.”

2. WE NEED TO BRING OUR THOUGHTS UNDER CONTROL.



- 2.1. We need to control our thoughts and set them in the right direction.

Romans 12:2 (NIV) “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.”

- 2.2. Our thoughts control our life, but we can control our thoughts.

Proverbs 23:7 “For as a man thinks so is he”

Proverbs 4:23 (New Century Version) “Be careful what you think. Be careful what you think about because your thoughts run your life.”

Proverbs 4:23 (Today's English Version) “Be careful what you think about because your life is shaped by your thoughts.”

- 2.3. Many of our problems arise from not choosing our thoughts.
- 2.4. We often act like we don’t have a choice over our feelings and thoughts, but we do.

3. CHANGING OUR MINDS:

3.1. Change starts in our brain and not in our behaviour.

Romans 12:2 “Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind.”

3.2. Any change we want to make in our lives **start in our thoughts, not in our feelings or behavior.**

3.3. **We can change how we feel by changing how we think.**

3.4. Examples from the Bible:

- David

Psalm 42:6 “My heart is breaking.” Now, that's strong emotion. So he says, “I turn my thoughts to God.”

- Jonah

Jonah 2:7 “When I'd lost all hope, I turned my thoughts once more to the Lord.”

3.5. How we think determines how we feel and how we feel determines how we act.

3.6. We have to make our thoughts obedient to Christ.

2 Corinthians 10:5 (AMP) “We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ.”

3.7. To win the battle in our minds we must have God’s Spirit and Word inside of us.

3.8. We don’t fight with the weapons of the world; we fight with God’s weapons.

2 Corinthians 10:3-5 “While we live in the world, we don't fight the same way the world does.”

3.9. Our two weapons are – The Holy Spirit and the Word of God.

3.10. We can’t control our minds on our own.

Romans 8:6 “If your sinful nature controls your mind, there's death.”

4. OUR GOAL IS TO LEARN TO THINK LIKE JESUS.

1 Peter 4:1 “Since Jesus went through everything you're going through,” and by the way and more, “Learn to think like him.”

Philippians 2:5 “Your thoughts and your attitudes must be the same as that of Jesus Christ.”

Sermon Discussion Guide

OPEN WITH PRAYER. THIS IS ONLY A GUIDE – SELECT THE POINTS YOU WANT TO DISCUSS.

1. Do you believe that you have a choice in how you think and feel?
2. Are you armed with the Holy Spirit and God's Word? Are you using these weapons to gain control of your thought or are you trying to sort them out on your own?
3. How do you think your life will change if you learn to think like Jesus?