

Pastor Jeno Erdelyi, 2/23/25
The Fight Inside Your Thinking
Philippians 4:6-8

Be careful not to believe everything that you THINK

It is part of the human condition to feel that if I think something then it's got to be true because I thought of it. But I have seen the results in the lives of people that do not have the right thoughts. *Just because we think something, that doesn't make it true.* The world suggests all kinds of false views and we are hit with those false ideas all the time. Satan makes suggestions all the time and he is attempting to kill, steal, and destroy your thinking. Our minds can be confused (Deut. 28:20), anxious (Job 20:2), troubled (2 Thess. 2:2), and sinful (Rom. 8:7). *Everyone's mental health is impacted by sin.* This is why we need clarity of thought, and we need to understand that we cannot believe everything we think. *All sin begins with a lie.* (1 John 1:8)

Be guarded not to fill your mind with GARBAGE

There is an old adage that states, "Garbage in garbage out." If you put bad and corrupted data into your computer, it can do nothing else but give you junk information. The same is true for our minds. What we see and what we listen to is brain food. There is material that will make us smarter and Godly, and this will cause us to mature. There are also things that are just "stuffing." It is neither good nor bad (NFL Statistics). There are other things that aren't wrong, they are just necessary (how to turn on the light switch in the dark). Be careful with your entertainments. Sometimes we think we can allow anything into our minds, and we will be ok. *Some people can be so openminded that their brains fall out.* (Psalm 101:3) Here are two ways to guard your mind: Constant Contact Prayer (Phil. 4:6-7) and Fixed Focus (Phil 4:8). *Whatever gets your attention, gets you.*

Be willing to remain TEACHABLE

We all must be lifelong learners. Love knowledge and wisdom, and then love acting on what you have learned (Matt. 11:28-30). God wants us to learn from Him. We all must understand that there are things we don't know. There are things I know that you don't and there are things that you know that I don't. For those of us that are in leadership positions, we especially need to be lifelong learners. *Leaders learn, if you stop learning, then you stop leading.* (James 4:6) I firmly believe that you can learn from anybody. *The greatest impact on your life will come from other people and the things that you read.* From a Biblical standpoint, there is nothing new under the sun. Truth from 1,000 years ago, is true today, and it will be true 1,000 years from now. *Truth is not invented; it is only discovered.* We must acknowledge that there is a fight going on inside of your thinking. If you do nothing, you will lose the fight.