

Day 14: Freedom ~ Right Thinking

Have you ever heard the saying, “Where the mind goes the man follows?” I do not know who said that, but it is very true. As a counselor, I often educate people that thoughts trigger emotions and emotions trigger behaviors. When we learn how to control our thoughts, then we can change our actions.

Did you know you can choose what you think on? You cannot control what thoughts come into your mind, but you can choose what you entertain.

Paul states in Philippians 4:8, “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.”

Have you ever kept track of what you were thinking about? If you begin to feel upset, stressed out, or down, begin to recognize what you are focused on right then. Then think about God’s goodness.

How do we tear down unhealthy thoughts? Once again Paul reminds us in 2 Corinthians 10:4-6, “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We 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. ⁶And we will be ready to punish every act of disobedience, once your obedience is complete.” We break strongholds by pulling down thoughts that are not of the Lord. If we allow one negative thought, it will turn into a snowball effect and grow. Stop the thought immediately to prevent further struggles.

Does confusion ever take over your thinking? Ever wonder what the will of God is for your life? We are given direction in Romans 12:2, “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.”

Walk in Isaiah 26:3, “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

Day 14 Worksheet

Have you ever become upset, stressed out, or discouraged? Next time this happens, ask yourself what you are thinking about. Take a moment now and think about the last time you had a negative emotion. Write down what you were thinking right before you felt the emotion.

Do you know you can control what you think about? You may not be able to stop thoughts that come into your head, but you can choose what you will continue to think about. How often do you pay attention to what you are thinking?

Did you know you cannot think two thoughts at the same time? Try it. Try to read this and think about elephants. What happened?

Paul encourages us to take every thought captive. Since thoughts trigger emotions and emotions can trigger behaviors, how would your life be impacted if you stopped unhealthy and unwanted thoughts?

Write two action steps today to begin to think on what is true, holy, righteous, and pure. Your freedom depends on it.
