

# WHAT ARE YOU THINKING?

*April 28, 2019*

## I. INTRODUCTION

- *It is time for a check up from the neck up.*

**Genesis 3:1-7** Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’” The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.” When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

## II. FOUR QUESTIONS FOR THINKING ABOUT YOUR THINKING

### 1. *Where is This Coming From?*

**Genesis 3:1** Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’”

#### A. What is the source of this thought?

#### B. Where do our thoughts come from?

- Some thoughts come from God.

**James 1:17** Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

- Some thoughts come from our wise mind.

**Proverbs 14:8** The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.

- Some thoughts come from evil sources.

**Revelation 20:2** He seized the dragon, that ancient serpent, who is the devil, or Satan, and bound him for a thousand years.

**1 Chronicles 21:1** Satan rose up against Israel and incited David to take a census of Israel.

**2 Corinthians 4:4** The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

- Some thoughts come from the world.

**1 John 2:16** For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.

- Some thoughts come from our foolish mind.

**James 1:13-14** When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does He tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed.

## ***2. Is This True?***

**Genesis 3:1-5** Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’” The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

### **A. Is what I am thinking true?**

**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.

- Don’t believe everything you think.
- Our struggles often come from wrong thinking about ourselves and wrong thinking about God.

### **B. Some wrong thoughts about God**

- God cannot be trusted.
- God’s Word can be interpreted to our standards.
- God is keeping something from us.
- We can be like God.

### ***3. Who Is In Control?***

**Genesis 3:6** When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

**Genesis 1:28** God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

#### **A. Are you controlling your thoughts, or are your thoughts controlling you?**

**2 Corinthians 10:3-5** For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

- Take your thoughts captive.
- It is very easy to get lazy in our thinking.

**Psalms 42:5** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.

- It may be time to stop listening to yourself and to start talking to yourself.

#### **B. Your thoughts will eventually become your actions.**

- Out of control thoughts will lead you to out of control actions.
- When our thinking is out of control we miss out on our God-given purpose.

### ***4. Where Is This Going?***

**Genesis 3:7** Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

#### **A. Where will this thought lead me?**

- Will this thought lead to peace?

**Isaiah 26:3** You keep him in perfect peace whose mind is stayed on You, because he trusts in You.

**Proverbs 14:30** A heart at peace gives life to the body, but envy rots the bones.

- Will this thought lead to unrest?

**James 1:14-15** but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

**James 4:1-3** What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

**Genesis 3:21** The Lord God made garments of skin for Adam and his wife and clothed them.

## **B. God brings grace to the voices in our head.**

**Genesis 3:15** And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel.

## **C. God brings forgiveness to our shame.**