



Habits: Thoughts

Pastor Mike

January 21, 2018

“Most people have uphill hopes and downhill habits.” —John Maxwell

Habit #2 - Control My Thoughts

Ecclesiastes 10:2 (MSG) *Wise thinking leads to right living. Stupid thinking leads to wrong living.*

Everything begins with a thought and leads to an action!

2 Peter 2:8 New International Version (NIV) *for that righteous man, living among them day after day, was tormented in his righteous soul by the lawless deeds he saw and heard.*

1. Your eye gate
2. Your ear gate
3. The enemy putting in thoughts from the outside

“You control your brain. Your brain does not control you.” —Dr. Caroline Leaf

1. Put off the old thoughts

Ephesians 4:22-24 Amplified Bible, Classic Edition (AMPC) *Strip yourselves of your former nature [put off and discard your old unrenewed self] which characterized your previous manner of life and becomes corrupt through lusts and desires that spring from delusion; And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude], And put on the new nature (the regenerate self) created in God's image, [Godlike] in true righteousness and holiness.*

2. Casting down the strongholds

2 Corinthians 10:3-5 New King James Version (NKJV) *For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*

When you use God's Word to replace a wrong thought, it will destroy the power that the wrong thought has.

3. Bringing into captivity

The last part of verse 4 says: ...bringing every thought into captivity to the obedience of Christ.

4. Renewing your mind

Romans 12:2 New King James Version (NKJV) *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Romans 12:2 Amplified Bible, Classic Edition (AMPC) *Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].*

Philippians 4:8 New King James Version (NKJV) *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

Isaiah 26:3 New Living Translation (NLT) *You will keep (keep means-to guard or protect) in perfect peace all who trust in you, all whose thoughts are fixed (KJ = stayed) on you!*

“Perfect peace” is from the Hebrew word *shalom* which means *nothing missing, nothing broken*.

Assignment: Begin to control your thoughts before they begin to control you!