

# FAQ's

## How Do I Change My Thoughts? Part 2

10-17-21

*Romans 7:15* – I do not understand what I do. For what I want to do I do not do, but what I hate I do.

*Romans 7:21-23* – So I find this law at work: When I want to do good, evil is right there with me. <sup>22</sup> For in my inner being I delight in God's law; <sup>23</sup> but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members.

Self-destructive Thoughts:

1. Shame
2. Uncontrollable Thoughts
3. Inner Desires
4. Fear
5. Hopelessness
6. Bitterness
7. Insecurity

*Romans 7:24-25* – What a wretched man I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.

### Good Intentions – Willpower – Failure – Guilt – Shame

Habits That Change Your Thoughts:

1. I must THINK on what Jesus did for me.

*Romans 8:1-4*

\*His righteousness is imputed to us, so our shame is REMOVED by Jesus.

2. I must ASK the Holy Spirit to change my thoughts.

*Romans 8:5-8*

\*The principle of REPLACEMENT.

3. I must REALIZE that I have a new power to say “No.”

*Galatians 5:16*

*Romans 8:9-12*

\*Behind every self-defeating thought in my life is a LIE that I believe.

4. I must \_\_\_\_\_ thoughts toward God whenever I'm afraid.

*Romans 8:14 -16* – because those who are led by the Spirit of God are sons of God. <sup>15</sup> For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “*Abba*, Father.” <sup>16</sup> The Spirit himself testifies with our spirit that we are god's children.

*Colossians 1:15-18* – He is the image of the invisible God, the firstborn over all creation. <sup>16</sup> For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. <sup>17</sup> He is before all things, and in him all things hold together. <sup>18</sup> And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.

*2 Timothy 1:7* – For God did not give us a spirit of timidity, but a spirit of power of love, and of self-discipline.

*Romans 8:17* – Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

5. I must \_\_\_\_\_ myself that God is good and in control.

*Romans 8:19-25*

\*Pain in life is not optional, but misery is.

*Romans 8:26-32* – In the same way, **the Spirit helps us in our weakness**. We do not know what we ought to pray for, but **the Spirit himself** intercedes for us with groans that words cannot express. <sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. <sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose. <sup>29</sup> For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. <sup>30</sup> And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. <sup>31</sup> What, then, shall we say in response to this? If God is for us, who can be against us? <sup>32</sup> He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, **graciously give us all things?**

6. I must \_\_\_\_\_ that God will never stop loving me.

*Romans 8:38-39* – For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all the creation, **will be able to separate us from the love of God that is in Christ Jesus our Lord.**

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# LAUREL RIDGE

## Community Church