

Series graphic w/email

When the problem is NOT the problem.

Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your graciousness be known to everyone. The Lord is near. Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4:8

Finally brothers and sisters, **whatever** is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy— **dwell** on these things.

Landmine: Choosing the wrong thoughts

It is possible to believe, worship, and pray as Christians, but to **NOT THINK** as Christians.

We are all **full-time** thinkers.

Thoughts always precede and determine **attitude and activity**.

My thoughts always precede and determine **my attitude and my activity**.

What we think matters, and it matters more than we think.

1 Corinthians 2:16a

... for we have the **mind of Christ**.

2 Corinthians 11:3

But I am afraid that as the serpent deceived Eve by his cunning, **your thoughts** will be led astray from a **sincere and pure devotion** to Christ.

There is a difference between having a thought and allowing a thought to have us.

{come up one at a time; same slide}

1) Thoughts must be **contested.**

→ There is competition → a battle for our mind!

The enemy loves to send **harassing** thoughts about God, ourselves, our situation, etc.

The enemy loves to send **affirming** thoughts regarding our flesh and ego.

{Come up one at a time; perhaps use 2 columns ...}

9 Thought Pattern Problems:

- a) Amplifiers
- b) Feelers
- c) Guessers
- d) Exaggerators
- e) Identifiers
- f) Forecasters
- g) Cynics
- h) Blamers
- i) Justifiers

→ This thought is not the bottom-line.

→ This pattern is not my path.

2) Thoughts must be **directed. → Steadfast mind**

Colossians 3:2-3

Set your minds on things above, not on earthly things. For you died, and your life is hidden with Christ in God.

2 Corinthians 10:5

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

2 Timothy 2:7-8

Think about what I am saying. The Lord will help you understand all these things. Always **remember** that Jesus Christ, a descendant of King David, was raised from the dead. This is the **Good News** I preach.

a) **Meditation** and Scripture **memory** are musts.

→ Screen-time downtime → A Sabbath from your screen(s).

b) **Question, Contest and Take Captive**

Is my thinking shaped by the **Good News** ... about God, others, myself, and/or my circumstances?

{come up on different slides; one at a time}

In Christ, I am strong and mighty. I have the same power that raised Christ from the dead dwelling inside of me. I am a weapon of righteousness in a world of darkness.

I am not my past. I am not what I did. I am who God says I am. He says I am forgiven, redeemed, and free.

I have the mind of Christ directing my thoughts. I have the Word of God guiding my steps.

**Worry is not my master. I trust in God.
The Lord is my helper. I will not be afraid.
God is for me. God is with me. No weapon formed against me will prosper.**

I am not a slave to bad habits nor a prisoner of addiction. I have been rescued from the power of darkness and brought into the Kingdom of God's light.

I am chosen. I am called. I am God's masterpiece, created in Christ Jesus to do good works.

Nothing can separate me from God's love. Not death. Not demons. Not the present nor the past. No power on earth will ever separate me from the love of God that is in Christ Jesus my Lord.