

WHY YOU NEED TO THINK ABOUT WHAT YOU THINK ABOUT – PSALM 139:17-18

SERIES: RETHINKING YOUR LIFE – PART 1

¹⁷ God, your thoughts are precious to me. They are so many! ¹⁸ If I could count them, they would be more than all the grains of sand. When I wake up, I am still with you.

Psalms 139:17-18 (NCV)

➤ 9 TRUTHS ON RETHINKING YOUR LIFE:

1. My Thoughts _____, but I Can Control My _____.

²³ Be careful what you think, because your thoughts run your life. *Proverbs 4:23 (NCV)*

²³ Be careful how you think; your life is shaped by your thoughts. *Proverbs 4:23 (TEV)*

2. Any Change I Want In My Life Must _____.

² Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. *Romans 12:2a (TEV)*

⁸ "You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world. *Matthew 5:8 (MSG)*

3. I Can Change How I _____ By Changing How I _____.

⁶ When my soul is in the dumps, I rehearse everything I know of you, From Jordan depths to Hermon heights, including Mount Mizar. *Psalms 42:6 (MSG)*

⁷ "When I had lost all hope, I turned my thoughts once more to the Lord. And my earnest prayer went to you in your holy Temple. *Jonah 2:7 (TLB)*

THINK → FEEL → ACT

4. Every Behavior Is Based On A _____.

⁵ Now, this is what the LORD of Armies says: Carefully consider your ways! *Haggai 1:5 (GW)*

ASK: What am I _____ right now?

¹⁵ A gullible person believes anything, but a sensible person watches his step. *Proverbs 14:15 (GW)*

5. Anytime I _____, At That Moment I'm Believing a _____.

¹² What you think is the right road may lead to death. *Proverbs 14:12 (TEV)*

¹⁴ Temptation comes from our own desires, which entice us and drag us away.

¹⁵ These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. *James 1:14-15 (NLT2)*

6. An Unseen War Is Going on In, and For _____.

²¹ It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong. ²² I love to do God's will so far as my new nature is concerned; ²³ but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin.

Romans 7:21-23 (TLB)

7. To Win the Battle In and For My Mind, I Must Have God's _____ and God's _____ Inside Me.

⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ 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. *2 Corinthians 10:4-5 (NIV)*

⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. *Romans 8:6 (NLT2)*

8. My Goal Is To Learn _____.

¹ Since Christ suffered physically, you too must strengthen yourselves with the same way of thinking that he had; because whoever suffers physically is no longer involved with sin. *1 Peter 4:1 (TEV)*

⁵ Your attitude should be the same as that of Christ Jesus: *Philippians 2:5 (NIV)*

¹⁶ "For who has known the mind of the Lord that he may instruct him?" But we have the mind of Christ. *1 Corinthians 2:16 (NIV)*

9. Rethinking My Life to Match How Jesus Thinks Is Called _____.

"Metanoia" = to change your mind

¹⁹ So change the way you think and act, and turn {to God} to have your sins removed. *Acts 3:19 (GW)*

⁴ Yet I hold this against you: You have forsaken your first love. ⁵ Remember the height from which you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.

Revelation 2:4-5 (NIV)