

# Importance Of Your Thoughts!

(Prov. 23:7; Matt 12:33-37; II Cor. 10:3-5; Rom. 12:1-2; Jh 8:31-32;  
Psa. 15:2; Psa. 139:23-24)

## Introduction:

No one can jump into someone's mind or heart and cause them to think any particular thing. Surely that would cause us to understand that every person is accountable for his or her thoughts.

Thoughts are the seed bed of all actions, reactions, attitudes, and even our emotions are large a response of our thinking process.

We don't often consider what we are thinking about -- whether our thoughts are dwelling on truth or lies, whether we are in control of them, or if they are taking us places we should not be.

***The images in the hallways of the imaginations of our minds are put there by what we think upon.*** We sin probably as much in sinful or wicked imaginations as in other way. When God created mankind and man walked in sin... The Bible said this: *"And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the Lord what he had made man on the earth, and it grieved him at his heart."*

(Gen. 6:5-6)

We don't often consider our self-talk (or thoughts) but we do evaluate everything of any significance as we meditate upon things within our hearts and minds. God's Word says *"Keep your heart with all diligence, for out of it are the issues of life."*

(Prov. 4:23)

## Now lets consider the importance of our thoughts!

### I. WE BECOME WHAT WE THINK UPON: (Psa. 51:10; Prov. 23:7; Isa. 26:3)

1. Behind every sin are thoughts. (Prov. 23:7) (Consider... pride, lustful desires, envy, jealousy, gossip, malice, anger, bitterness, resentment, etc. Are not these all first considered in the mind?)
2. Sin is first conceived in the mind, then acted upon.
3. Our thoughts take the form of internalized sentences, or ***self-talk***.
4. We often twist truth in the mind. (cf. Psa. 51:6; Jh. 8:32-36)
5. We talk within ourselves about everything of any significance to us.

### II. WE BUILD A "TREASURY" BY WHAT WE THINK UPON: (Matt. 12:33-35)

1. The treasury of our heart is totally under our control. No one else has access to our minds or hearts. We are accountable for all the choices made in our thought life.
2. What is *"put IN"*... will in due time...*"COME OUT."* No one can put anything into our thoughts or hearts but US.  
We are accountable for all that is in our hearts or our inner treasure.
3. We build a *belief system*, over time, about everything of significance. This is a predominate part of our heart content.

- a. A belief system is what we hold to, accept, and have made our standard of truth.
  - b. A belief system includes all that we have accepted in our hearts. The things that we believe or accept about any given truth or concept becomes our belief system.
  - c. For example whatever we believe about marriage, or dating, worldliness, etc., is solely dependent upon all the things we have accepted as truth.
  - d. Our belief system is the total of all the things we have heard and pondered and accepted as truth within any given area of thought. (II Cor. 10:3-5)
4. We build automatic responses by what is in our hearts.
5. Our habits, patterns of reaction, or inner programming becomes ours!
6. What we have put in -- will come out!
- a. garbage in -- garbage out,
  - b. truth in -- truth out, lies in -- lies out,
  - c. anger in -- anger out,
  - d. resentment in -- resentment out,
  - e. envy, unkindness in -- envy, unkindness out,
  - f. criticalness in -- criticalness out.

### III. WE WALK IN THE “*FLESH OR THE SPIRIT*” BY THE CHOICES OF OUR THINKING: (Rom. 8:5-8; Gal. 5:16-17, 24)

- 1. We **mind or obey** with our “*minds*” *the things of the flesh*, or we **mind** with our “*minds*” *the things of the Spirit*.
- 2. We make the choice of a walk in sin, in the flesh sin-nature, or we make the choice to walk in the control of the Holy Spirit and the new nature.
- 3. No one has access to your mind or makes your choices -- BUT YOU!
- 4. Out of the flesh (Rom. 7:18; Gal. 5:19-20; Eph.4:17) or sin nature comes all kinds of sin.
  - a. Lust, jealousy, pride, envy, evil thoughts, strife, etc., all come from the heart (See Mark 7:21-23),
  - b. and the decisions we make about our walk.
- 5. The Holy Spirit, if we yield to Him, would produce:
  - a. His fruit, Gal. 5:22-23
  - b. His power, Acts 1:8
  - c. His love, Rom. 5:5
  - d. His control, Eph. 5:18

#### **IV. WE ARE IN A MENTAL WARFARE -- AND SATAN WANTS TO CONTROL US: (II Cor. 10:3-5)**

1. Our enemy defeats us in the “arena” of the thought life. (*From this comes our attitudes.*)
2. We are to recognize sinful imaginations, evil thoughts and desires that come from the lusts of the flesh which are often enhanced by those imaginations.
3. High things must be cast down -- *high things of philosophies, psychological beliefs, and all ideals, ideas, teachings of the world* that are contrary to truth.
4. We are to bring every “*thought*” unto obedience to Christ. (Jh 15:9-11)
5. We have “*idols of the heart*” they are produced by our thoughts.... *as we build desires... reactions... affections, etc.*
6. We build a *programming of sin within... or habitual sin practices..... in mind, emotions or affections as well as behavior.*

#### **V. WE MUST MAKE THE CHOICE -- TO:**

1. **Choose Right Thoughts** -- (Phil. 4:18; Prov. 23:7; 4:23)
  - a. We do have control over what we think upon.
  - b. We can meditate upon that which is wholesome, godly, and God honoring. (Psa. 19:14; Eph. 1:12)
  - c. It is our responsibility is actively choose what we think upon. This demands that we take control of what is happening in our minds.
2. **Cleanse Your Thoughts** -- (Psa. 139:23-24; Psa. 19:14; 51:10)
  - a. David desired to have a clean heart and a right attitude. (Psa. 51:10)
  - b. Cleansing takes place when we determine to do battle against any and all sinful thinking... recognizing it for what it is... and determining to remove from the hallways of our minds those sinful things (images, etc.) that are there. (II Cor. 7:1)
  - c. God will cleanse IF we are determine to remove all that is sinful in the mind. But it truly is up to us to also cleanse ourselves. This demands that we do battle against all that is rotten-- wicked-- sinful in any way whatsoever. (Psa. 139:23-24)
  - d. We can be assured of a clean heart IF thereafter we take heed of everything we allow ourselves to put in the heart.
3. **Fill Your Hearts with the Word of God** -- (Phil. 4:8; Psa. 1:1-3; Matt. 12:33-35)
  - a. To fill our hearts with the right things is totally dependent upon our oversight as to what we meditate upon.
  - b. We do become what we eat... and we do become what we think upon. Godly Christian character is not accident, it is the product of right thinking.
  - c. For from our thoughts (hearts) come all the totality of life. (Prov. 4:23)

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