

The Power of Our Thoughts

- *What do your thoughts produce in your life?*
- *How do your thoughts and sinful actions interrelate?*
- *Are our thoughts truly the very “roots” of everything in our lives?*
- *What are you teaching your children and youth about their thought life?*

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Who Controls Your Thoughts?

(Prov. 23:7; Matt 12:33-35; John 8:31-32; Rom. 8:5-8; 12:1-2; Isa. 26:3; Phil. 4:8)

Introduction:

Most people are not aware of the fact that behind virtually every emotion and action are thoughts. These thoughts are the “seed-bed” of life itself. The brain (or mind, heart as used interchangeably in Scripture) is either involved in or is the source of thoughts, evaluations, actions or will, emotions or feeling, imaginations, taste, smell, touch, conscience, perceptions and a number of other things that make up daily life.

I. WE BECOME WHAT WE THINK UPON! (Isa. 26:3; Psa. 15:2; Prov. 23:7)

Behind every sin are thoughts. Sin is first considered or formulated in the mind. Our thoughts take the form of internalized sentences or self-talk. By our thoughts we consider and establish our opinions, ideals, and convictions, our perceptions, and imaginations, and a belief system about everything of any significance.

In our thoughts we either entertain truth we accept and embrace or, lies we accept and embrace.

II. WE BUILD A “TREASURE” BY WHAT WE THINK UPON: (Matt. 12:33-35)

What we put into the heart by our thoughts is what we can bring out, for it is *garbage in or garbage out*. It is anger in or anger out, or envy in or envy out. . . bitterness in or bitterness out, or jealousy in - jealousy out.

A good man out of a good treasure in his heart can bring forth good things depending upon what he has put in. (The opposite is also true.) We can only put things into the heart through the mind. This depends upon the focus of our minds - what we meditate upon. We build automatic responses dependent upon what we have in the heart.

We build a “belief system” through what we have put into the heart. This belief system is the sum total of what we believe about any given subject. This belief system is a foundational factor from which actions or behavior comes. It is what we believe that causes us to do what we do. It is not the situations in life that dictate what our response will be, but what we believe.

For sake of illustration: Two men lose their jobs the same day. Both work at the same place, they both have four children, attend the same church and have the same basic expenses, debts, etc. One goes home praying, resting in God’s promises. He quietly shares with his wife and family what has taken place. They pray for God to work out His will as they quote Scripture to one another and as they rest in God’s providential will. The other man goes home angry. He is so angry that he screams, yells, and all but curses. His family is miserable. He screams at them as the children go hide in their rooms. You see he believes God owes him a lot because he has been serving the Lord, (he thinks). He thinks as the average worldling. He is angry about what has taken place because of what he believes. His beliefs are not based on Scripture, but upon his philosophy of life, his determined goals and expectations. He has not given his rights to the Lord.

III. WE WALK IN THE FLESH OR THE SPIRIT -- BY WHAT OR WHO CONTROLS OUR THOUGHTS. (Rom. 8:5-8)

We either “mind” fleshly, carnal things -- or we “mind” the things of the spirit. This is done with the MIND, the focus of our thoughts, deliberations, etc. With our mind or thoughts we build a love for the things of the world or love for the things of the Spirit.

We can so easily become carnally “minded” which brings “death.” This comes from the focus of our thought life and what we live for is seen in our basic thought patterns within. **This will be seen in:** envy, jealousy, strife, pride, bitterness or resentments, coveting after power, impurities of every kind, adultery, lust, infidelity, etc.

When we think upon the things of the Spirit and that is the focus of lives our thoughts there will be peace, contentment, and godliness as a result. **This will be seen in:** yieldedness to the Word of God, a love for the things of God, a personal, real fellowship with the Lord and a seeking after the will of God

IV. WE ARE IN A MENTAL WARFARE -- AND SATAN DESIRES TO CONTROL: (II Cor. 10:3-5; Eph. 6:10-18)

This warfare is in the arena of the thought life. **The real battle in the world is the arena of:** beliefs, theories, philosophies, psychology, belief systems and all “high things” exalted against the knowledge of God

Our enemy seeks to control us in the arena of the thought life. The warfare is not carnal or made up of material things. **The warfare we daily face is in the area of:** imaginations, evil desires, empty or vain thoughts, soul damaging meditation on sinful sensual things. Daily we face those “high things” exalted against the knowledge of God. We are commanded to bring every thought into obedience to Christ.

We often build a stronghold of habitual sin practices. To practice sin necessitates that we build self-deceptive thoughts within to alleviate our own guilt. These will be manifested in the form of defense mechanisms, vain imaginations, projectionism, and rationalizations. And people so often people practice a form of blame-placing -- putting the blame on anything and everything rather than looking at their own lives.

V. WE MUST MAKE THE RIGHT CHOICES ABOUT OUR THOUGHTS:

We must **choose right thoughts** -- (Phil. 4:8; Prov. 23:7; Rom. 8:5-8) It is imperative that we make a choice to think upon right things. We need to make a list of things, memorize that list, work on thinking on these things that please God and build a blameless, godly life style. This won't just happen for it will be results of determination and dedication.

We must **cleanse our thought life** -- (Psa. 139:23-24; Jere. 17:9; Psa. 19:12-14) We must make a choice to have a clean thought life. (II Cor. 7:1) We must desire to allow the Lord to search our hearts and make us aware of our sins. The willingness to do this must supersede the desire to continue a sinful life. We need a heart searching no matter how difficult that might be.

We must **fill our hearts with good** -- (Matt. 12:33-35; Psa. 1:1-3; Phil 4:8; Jere. 15:16) What we put into the heart is our choice. No one else has any control of what we put into our hearts by means of our thought life. We become in character what we put into our hearts.

Character is the sum total of the meditations of our hearts and our actions -- these are the things that manifest character.

*We sow thoughts -- and reap actions,
We sow actions -- and gradually reap habits,
We sow habits -- and from this we reap character,
We sow character -- and from this we reap destiny -- or
what we will become!*

Considerations for the counselor:

1. We must help the counselee to understand what thoughts are behind their present problems -- the actions, behavior, and emotional responses that brought them to us for counsel in the first place. Apply this to working with your youth, child.
2. The counselee must do battle with those thoughts. (A thorough study of this whole concept can be found in the book, "*Why Do We Feel as We Feel and Do as We Do?*")
3. They will not do battle with the thoughts, imaginations and high things (belief systems) that are exalted against God unless they understand what these things are.
4. The "*put off and put on*" process can only take place successfully when it includes both actions as well as thoughts. (Col. 3:8-14; Eph. 4:22-24; Rom. 12:2)
5. The counselor must work at the application of these principles in his or her own life so the importance becomes vividly real, or these truths will be ignored or dealt with carelessly or haphazardly if dealt with at all. God wants character or personality change to take place in the life of the counselee (as well as in our own) and this can only happen when we consider the "**heart**" of the matter. What is in the person's heart?
6. This study brings you to the foundation of the matter -- how God made us -- how we "tick" - and what is involved in change! Youth or children seldom understand that their thoughts, etc., are behind their sinful actions, attitudes, and damaging emotional responses. Who will help them to understand this?

How Can You Keep a Pure Mind?

Introduction:

No sin is more destructive to the conscience than the sin that takes place in the arena of the mind. Sins of the mind assault the conscience like no other sins, because the conscience is their only deterrent. After all, who but God and the sinner ever knows about them? *“Who among men knows the thoughts of a man except the spirit of the man, which is in him?”* (I Cor. 2:11) Many people who will not do evil deeds are nevertheless boldly evil in their thoughts.

THE DANGER OF A SINFUL THOUGHT LIFE!

To indulge in sins of thought, is to molest the conscience directly. Those whose thoughts are impure cannot have pure consciences: the guilt is inherent in the evil thought. When thoughts are defiled, then the conscience immediately is, too. An impure mind is combined with a defiled conscience. *“To the pure, all things are pure; but to those who are defiled and unbelieving, nothing is pure, but both their mind and their conscience are defiled.”* (Tit. 1:15)

Nothing damages the conscience more than the habit of indulging in evil thoughts. **Usually, once begun, the practice becomes all too easy.** This is a sin that does not have to wait for an opportunity; the mind can sin anytime, anywhere, under any circumstances. So the habit of sinful thinking is quickly and easily established.

By engaging the inner faculties -- mind, emotions, desire, memory, and imagination -- thought-sins, working directly on the soul to bias it toward evil. (Continued evil is easily built in the life.) Sowing a thought -- we reap an act; sowing an act -- we reap a habit; and sowing the habit -- we reap character. Sowing character -- we reap a destiny. Evil thoughts thus underlie and lay a foundation for all other sins. For example: No one ever **falls into** adultery. The adulterer's heart is always shaped and prepared by lustful thoughts before the actual deed occurs. The thief is a thief in heart before the deed; covetousness has already bent the heart prior to the action. (Luke 12:15; Col. 3:5-6) The murderer is a murderer in heart and his act is but the product of his anger and hatred. **All sin is first incubated in the mind.** (Matt 15:18-19)

So, all sins emanate from the heart (Matt. 12:34-38) as the heart is the seat of the whole person which includes mind, imagination, affections, conscience, and will. Heart in Scripture is often used as a synonym for mind. In the foregoing verses, our Lord was condemning the wickedness of an impure thought life. People can appear to be righteous (this was the life of the Pharisees) outwardly while inwardly they tolerate the grossest sins of the heart. (Matt. 23:25-28; 5:21-22, 27-28; 6:3-6) To sin in the mind, therefore, is to desecrate the very sanctuary where our highest and best worship ought to be taking place.

II. WATCHING OVER THE HEART!

“Keep thy heart with all diligence; for out of it are the issues of life.” The heart is the **well spring** of our life! (Prov. 4:23)

God knows all about your heart! (Acts 15:8; I Jh 3:20) *“God is greater than our heart, and*

knows all things.” “Thou dost understand my thoughts afar off. . . and art intimately acquainted with all my ways. Even before there is a word on my tongue, behold, O Lord, Thou dost know it all.”

(Psa. 139:2-4) Why, then, should we be free to indulge in gross sins in our imagination. Sins we would never act out before others when we know that God is the audience to our thoughts?

(Psa. 44:21)

How serious are sins of the heart? (Prov. 23:7; 6:12-14; Matt. 12:33-38)

It is fairly easy to confess and forsake deeds of sin, sins of omission, and unintentional sins, but the sins of our thought life are soul-coloring sins. They are character-damaging sins. The sins of the heart work so directly against the conscience and will, dealing with them honestly and thoroughly is most difficult. These are sins that we find hard to mortify, to put to death, to attack and destroy utterly, to destroy with a vengeance. So often our thoughts have been influenced by the values of the world, by our habits of thought and attitude and our conscience has been dulled. Not only thoughts about lust, envy and other such sins, but thoughts about a *myriad false values and idols* of an unbelieving world can be devastating obstacles to a pure mind and heart.

Consider Job: (His stand before Zophar, who misjudged Job.)

1. Job carefully guarded himself against wicked and lustful thoughts. (31:1)
 2. He knew God was audience to his thoughts. (31:4-5)
 3. Job denied that his heart had followed his eyes. (31:7)
 4. He denied that his heart had been enticed by another women. (31:9)
 5. He acknowledged that would be a *“lustful crime.. an iniquity punishable by judges,”* 31:11
 6. To hide iniquity in his bosom, he said, would be to cover one’s transgression like Adam. (31:33) The very thought appalled his righteous mind.
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III. HOW DOES THE MIND WORK. . . HOW DOES IT BUILD SUCH SIN?

By Sins of Remembering! One way is the cherishing of the memories of sins past. To bring back a lurid memory of a bygone sin is to repeat the sin all over again. Can someone who is truly repentant about a sin, still harvest a certain pleasure from the memory of the deed, or the sinful thought? YES! Because of the deceitfulness of our own hearts. (Jere. 17:9) Because of the sinful tendencies of our flesh. (Romans 7) *The truth is that sin has a way of impressing itself on our memories with vivid sensations we cannot shake off, except by resisting them by God’s grace.* We can still remember some of the sins of our youth. Memory is not gone -- about lust, joy of anger, pleasure savored in envy, thoughts of revenge, prideful thoughts, etc., can still be there. Satan likes to take all of the garbage of your past and try to drag it back through your mind so that you relive it.

By Sins of Scheming! Plotting sins of the future: (Psa. 36:1-4; Prov. 12:2; 12:20; 14:22; Prov. 15:26; 6:16-18; 24:8-9) Thoughts can vent anger, hatred, lust, greed, envy, pride, every evil desire. People do consider ways to get back at people, right?

By Sins of Imagining! This is purely imaginary sins! (Matt. 5:28) Christ condemned **adultery in the heart**. You may have no intention of every performing the deed, but Jesus says if you even imagine it, you are guilty. If we are to have purity of thought, of heart, of life then this is the level of purity we must maintain if we are to have a clear conscience. Those who tolerate this kind of sin in their hearts as a habit of life give firm evidence of a defiled and hardened conscience. We must train our consciences to be sensitive, and we must make constant self-examination of the condition of our hearts and minds.

People dream about many things: (These defile us: Matt. 15:18-20; Prov. 24:9)

1. Winning the lottery,
 2. imagine having great wealth, power, prestige.
 3. They daydream about being married to someone else, or muse about some luxury or indulge in their gluttony in an imaginary binge.
 4. Our advertising industry thrives on making appeals to man's lusts.
 5. Our entertainment industry (including many so-called Christian performers) create and focus on different kinds of images.
 6. We have thousands or literally millions of people who live in a fantasy world of sin. Sin is enjoyed vicariously, if not in person.
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We need a *discerning of the thoughts and intents of the heart!*

Heb. 4:12; I Cor. 4:5; Lk 8:17; Lk 12:1-2; Jere. 4:14; II Cor. 7:1

IV. WE MUST TAKE EVERY THOUGHT CAPTIVE UNTO OBEDIENCE TO CHRIST!

First confess and forsake the sin. (Isa. 55:7) If your thought life harbors sins of immorality, sins of anger toward someone, sins of vengeance, sins of bitterness, sins of covetousness, or whatever then confess them thoroughly to God. Repent and ask forgiveness! (I Jh 1:7, 9)

Refuse to entertain sinful thoughts. Purpose to do battle against sinful thought patterns. Build new righteous thoughts by rejecting the sinful, replacing with the godly. **Decide what you will think upon.** (Phil. 4:8)

Feed on the Word of God. (Psa. 119:9-11; Eph. 6:17) The Word of God insulates the mind; strengthens the heart; occupies the soul and fortifies it against evil thought -- if we will memorize and meditate in it. Use the Word of God as the Sword of the Spirit to do battle skillfully against sin and Satan. **Mortify fleshly imaginations!** (Eph. 6:17; Col. 3:5-6)

Avoid evil attractions. (Job. 31:1; Matt. 5:29-30) Don't expose yourself to activities, images, or conversation that provokes evil thoughts. Refuse to feed any tendencies that draw your imagination into wickedness. Make a covenant with your eyes. . . your heart. . . with the Lord!

Cultivate the love of God. (Psa. 118:9-103; Col. 3:2; Matt. 6:21) Read Psalm 19: 12-14 often and make it a prayer of your heart. Memorize it if that is needed. The state of mind of every truly godly person will be to *“love from a pure heart and a good conscience and a sincere faith.”* (I Tim. 1:5)

Do you realize that the difference between a sincere, Spirit-controlled, devoted, godly, obedient Christian and a defeated, weak struggling Christian is what takes place in the mind?

The thoughts of our heart are the real test of our character!

Because they work so directly against the conscience and will, dealing with thought sins honestly and thoroughly is one of the most difficult aspects of mortifying our sin!

Renewing Our Minds and Identifying False Beliefs

There must be the process of laying aside the old sinful self and putting on the new nature so that our thoughts, emotions, and actions increasingly reflect the character of Christ. ***That is what change is all about.*** In this study, we want to give some basic principles which can and must be applied and lived out in our personal lives.

I. THE BATTLE FOR A RENEWED MIND:

We first note that II Corinthians 10:3-5 sets forth the fact that we are in a battle. We are in a war. Most of us do not understand that this war basically involves our thought life. We do not like to even admit that we are in a warfare, hoping that if we ignore it, it might all go away.

This battlefield is the mind! We are instructed in Romans 12:2 that we can only be transformed by the “*renewing of the mind.*”

Satan seeks to produce a self-feeding system through the thought life! His intent is to keep our minds unrenewed so that we will not be transformed by God’s power. He does this through establishing ***fortresses of deception*** which are produced in the thought life. These fortresses stand against the truth of God. These fortresses of deception are ***belief systems*** that are reinforced over the years by thoughts, then by emotions, attitudes, and actions that they produce.

Note: *This deception becomes self-feeding, for as we feed on the thoughts, they produce further thoughts about the same lies or misbeliefs, which in turn defeat us. This self-talk of sinful lies continues to grow as it feeds upon itself.*

We must establish a stronghold of truth: Victory will necessitate our working at breaking habits of sinful thoughts, attitudes, and actions. This can be accomplished as we work with ***stop cards*** -- admitting the lies, breaking those lies and establishing a walk in truth.

We must learn how to expose ungodly, wrong thoughts: Our thoughts reveal what we really believe; yet, it is difficult for most of us to be objective in our thinking simply because we haven’t trained ourselves. We usually let any and every thought to run its course in our minds without analyzing its worth. We need to ask the questions: Is this thought God--honoring? Is it speculation or vain, empty, or sinful imagination? Is it a lofty thing raised up against the knowledge of God? (See II Cor. 10:5.)

Note: *It is very helpful to be able to identify thoughts that are not honoring to God. Then we can reject them and **replace** them with truth.*

Our thoughts are seldom neutral. They either reflect beliefs based on the Word of God or beliefs based on the world’s values. We must have God’s leadership in perception to identify the source of our thoughts and determine those that are not of Him. (See Philippians 2:5)

Purity in thoughts and purity of life go hand in hand. If we are to honor God with a godly life, it can only take place through a mind that is controlled by the Holy Spirit, or we will “mind” the things of the flesh. (See Romans 8:5-8)

II. BEING ABLE TO IDENTIFY FALSE BELIEFS:

Situation: We are looking at the process by which things take place. Each of these build on the other. Our belief system we have produced in our lives effect our thoughts which in turn work to produce our attitudes, emotions and subsequent actions or behavior.

Belief System -----> Thoughts -----> Attitudes -----> Emotions -----> Actions

Satan’s lies control us far more than we are willing to admit. God’s love and power can progressively set us free from introspection, anger, and fear. His love gives us a heart of thankfulness and a greater desire to live for Him.

Where do emotions and actions come from? “*Out of the abundance of the heart the mouth speaketh.*” (Matt. 12:34) In other words our communication ***comes from*** our ***hearts*** or our ***inner belief system***. And our words reveal our thoughts, emotions, and intent of our actions. Much of this we have ***programmed*** into our lives by our own thoughts, habits, and patterns of life. Because every situation in our lives is interpreted by what we believe, ***our belief system, not the situation, is the key to our response.*** This belief system comes from 1) our own self-talk about truth or lies; 2) from our family background, 3) our past experiences and relationships, and 4) from the patterns of responses we have built over the years.

B. We build sinful actions in this way: (They build in this manner.)

False Beliefs -----> More Ungodly Thoughts -----> Sinful Attitudes -----> Sinful Emotions -----> Our Ungodly Actions

Note: *Consider recent situations. What were your thoughts that brought about the confrontation between you and another person? What were your emotions behind the thoughts you entertained? Then what were the attitudes which you doubtless entertained? What were the feelings you then experienced and the actions you took or words spoken? **What false beliefs were involved?***

Only as we face truth will we change things, but to do that we must know what the truth is! What are your predominate sinful, self-talk beliefs?

III. PRACTICING REJECTING THE WRONG AND REPLACING THE RIGHT!

Painful emotions such as anger, fear, resentment, and anxiety, etc. can show us that we are believing the Devil’s lies and our own self-talk lies.

Being honest about these and other emotions is crucial to the application of the Word of God! Once we are aware of the specific lie (s) that is affecting us, we can then apply God's specific truth to the lie (s) from His Word. This is a process that often takes place within the context of a counseling situation where Biblical help is given in the midst of affirming relationships.

The Scripture must speak powerfully to the specific need, or there will be much frustration and disillusionment instead of freedom and encouragement.

Note the following diagram: You could place an arrow from **situation** either upward to the upper row of results that build upon one another. Or you can put an arrow from situation down to the lower line of results that build upon God's truth applied. It is obvious that it is not the situation that causes us to do what we do, but that which we believe. If we believe God's Word then we will have the results that follow, but if we have false beliefs (believe our self-talk lies) then we will have ungodly thoughts, painful emotions such as grief, guilt, etc., and ungodly actions. Which is it for you, or for the person you might be counseling?

False Beliefs -----> **Ungodly Thoughts** -----> **Painful Emotions** -----> **Ungodly Actions**

Situation You can trace the emotions back to the false beliefs, or belief system, (self-talk lies). False beliefs must be replaced with God's truth!

God's Truth -----> **Godly Thoughts** -----> **Healthy Emotions** -----> **Godly Actions**

Example of an application:

1. Situation: My wife picked me up late from work. I will be late to my appointment at church. What will people think of me now? (My self-worth is at stake, and she is putting me in a bad light; I will look like a fool.)
2. Thoughts (false beliefs): This is just not fair. My wife knows better. I don't see why she always has to be late. She ought to love me more than this. This is terrible treatment.
3. Emotions: I can't help feeling the way I do! I have a right to be angry! I do feel strong resentment for she is always doing this to me. I know I feel hostile, disgusted, and irritated, but she knows better and I can't help it.
4. Ungodly Actions: Is it my fault if I feel like screaming at her? She deserves it if I don't even talk to her tonight! I'll show her! The next time she fails in something, I won't let her forget this poor action on her part. She deserves my hostile attitudes and actions toward her.

5. False Beliefs: God surely does not expect me to treat her any differently than I do! ***Anyway, how will she change if I don't put the pressure on and make her change!*** (She will always be this way, and I will be put in a bad light over and over again.) God expects TOO much from me anyway. I just can't help it if I have the feelings that I do! It's just my nature to be angry and hold resentments when others do me wrong. Beside, God made me this way.

- Those who fail are unworthy of love and deserve to be blamed and condemned. People do not have a right to treat me this way.
- I must be approved by certain others to feel good about myself. (She sure destroys this capability.)

6. God's truth (passages, replacing lies with truth)

- **Propitiation** I am deeply loved by God; therefore, I can love others with God's love. (See I John 4:9-11) God loves my wife perfectly, too. I don't have to treat her this way.
- **Reconciliation** I am totally accepted by God through Christ. (Col. 1:19-22; Eph. 1:4-6) My wife is totally accepted by God as well -- JUST AS SHE IS -- can't I accept her too, as she is?
- **Justification** I have been justified by His grace. (Rom. 3:24-26, 5:1) I have been set free, as if I had never sinned, and my wife is justified. God sees her as in Christ, without sin; I can see her that way, too.
- **Forgiven** I am totally forgiven and redeemed by His grace. I am also to forgive as I am forgiven, or God will not forgive me. (Col. 3:14; Eph. 4:32; Matt. 6:14-15)

7. Possible godly responses

- I will forgive my wife. I will help her more so she is not under so much pressure. She needs my encouragement and help in her stressful life. (Col. 3:12-14; Gal. 6:7-9; Rom. 12:10-17)
- God desires that I treat her as HE treats me. ***Anyway, I don't want to be delivered to the "tormentors."*** (Matt. 18:21-35)
- If at times, I arrive late to a meeting at church, my self-worth is not damaged. My acceptance is not wrapped up in what others think of me, but rather what I am in Christ. Anyway, I can't always change my circumstances.
- I can RELAX in the Lord and realize that there is nothing that I can do in those infrequent times when things don't work out for the very best, or as I feel they should. It really is not a life-or-death matter, and it doesn't need to be treated like one, either.
- I can care for responsibilities with the peace and joy of the Lord in my life. (Gal. 5:17, 22-23)

8. Summary statements

- It would be nice if my wife picked me up on time, but she didn't. Even so, she is deeply loved by God, and that love is not based on performance.
- I am glad that God's love to me is not based on how well I perform (See Jh. 15:9.), or I would not be loved, nor kept saved.
- The people at church will accept me even if at times I happen to be providentially late. (I am still loved, completely accepted in the Beloved, completely forgiven, and He is my *fullness*. I can also give others this kind of love and acceptance.) (Eph. 3:16-19)

By working through personal problems of failure in this way -- change can take place. By making application of this complete study to your life -- YOU can change for God's glory.

Working Through a Problem Biblically

1. Situation:

2. Thoughts:

3. Emotions:

4. Ungodly actions:

5. False beliefs (wrong belief system I have build into my life.)

6. God's truth for me to apply:

7. Possible godly responses:

8. Summary statements:

9. My personal observation about my battle with wrong thoughts:

Conclusion:

I am hoping now you are gaining a better understanding of how to use your emotions to identify your sinful self-talk and sinful misbeliefs or wrong belief system. You will need to work at rejecting Satan's lies and your own self perpetuated lies and replace them with truth. **God's truth will set you free.**

You have built your belief system (lies we say to ourselves), hence, **these beliefs we accept over the period of years. *Change will not take place in a day!*** You will need to work at it using the above study and suggested method and materials.

Victory can be YOURS - - - by the application of God's truth!