

## Healthy Thinking

- ❖ It is important that we develop a healthy thought-life
  - Actions often disguise what we are really thinking – Pro. 23:6-7
  - Ultimately, the Word of God discerns our thoughts and intentions – Heb. 4:12
  - A healthy thought-life requires keeping our hearts pure – Psa. 19:14; Pro. 4:23
- ❖ Think of mindset as where your mind is set
  - Who you live for ultimately leads to where your mind is set – Rom. 8:5-6; Col. 3:2 (NIV)
  - God keeps those who keep their mind set on Him – Isa. 26:3
- ❖ You will frustrate yourself to no end if you are trying to change actions without God changing hearts and minds
- ❖ How do I reset my mind?
  - Change your environment -
    - What are you listening to?
    - What are you feeding
  - Repent – Acts 2:38: metanoēō: 1) to change one's mind, i.e. to repent; 2) to change one's mind for better, heartily to amend with abhorrence of one's past sins (Thayer's Greek Definitions)
  - Renewal
    - Resist the urge to conform – Rom. 12:1-2
  - Casting down and bringing into captivity – 2 Cor. 10:1-5
    - Casting down imaginations: logismos: computation, reasoning
    - Casting down every high thing: hupsoma: an elevated place or thing, barrier, space (Read Rom. 8:39)
    - Bringing into captivity: aichmalōtizō: lead away captive, bring into captivity (Read Rom. 7:23)
- ❖ What are some foundational elements of healthy thinking? Phil. 4:2-9
  - Vs. 4 – Rejoicing
  - Vs. 5 – What are you giving off
  - Vs. 6 – Releasing anxiety
  - Vs. 6 – Prayer
  - Vs. 7 – The Peace of God
    - Guards your heart and thoughts

- ❖ What thoughts should I fill my mind with? Phil. 4:2-9
  - Things that are true – John 8:26, 44
    - The truth is that God is faithful when we are not – Rom. 3:1-4 (KJV & MSG)
  - Things that are honest or noble – speaks of character – 1 Tim. 3:8,11; 1 Tim. 3:4; 1 Tim. 2:2
    - Things worthy of honor and reverence
  - Things that are just – righteous concerning God and your fellow man
  - Things that are pure (hagnos: properly clean, pure from carnality and every fault) – character, morality – 1 Tim. 5:22; James 3:17 (KJV & MSG)
  - Things that are lovely
  - Things that are of good report
  - If there be any virtue and if there be any praise – anything excellent and praiseworthy – read in MSG Bible
  
- ❖ You and I have work to do
  - What you've learned: manthanō: 1) to learn, be appraised; 1a) to increase one's knowledge, to be increased in knowledge; 1b) to hear, be informed; 1c) to learn by use and practice Thayer's Greek Definitions
  - What you've received: paralambanō: 1) to take to, to take with one's self, to join to one's self; 1a) an associate, a companion; 2) to receive something transmitted Thayer's Greek Definitions
  - What you've heard: akouō: 1) to be endowed with the faculty of hearing, not deaf; 2) to hear; 2b) to attend to, consider what is or has been said; 2c) to understand, perceive the sense of what is said Thayer's Greek Definitions
  - What you've seen: eido: perceive, notice, perceive, discern, discover Thayer's Greek Definitions
  - **We must put them into practice (DO)** – prassō: to “practise”, that is, perform repeatedly or habitually Strong's Hebrew and Greek Dictionaries
  
- ❖ The promise of Phil. 4:8
  - The God of peace shall be with you –
    - Peace: eirēnē:
      - 1) a state of national tranquillity
      - 1a) exemption from the rage and havoc of war
      - 2) peace between individuals, i.e. harmony, concord
      - 3) security, safety, prosperity, felicity, (because peace and harmony make and keep things safe and prosperous)
      - 4) of the Messiah's peace
      - 4a) the way that leads to peace (salvation)
      - 5) of Christianity, the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatsoever sort that is
      - 6) the blessed state of devout and upright men after death Thayer's Greek Definitions
  
- ❖ These things (Phil. 4:8) guard against discouragement
  - Discouragement designed to prevent you from possessing the Promises of God – Joshua 1:1-9; John 10:10
  - Discouragement designed to make you feel unsupported and alone – Deut. 31:8;
  - Discouragement attempts to make you feel overwhelmed – John 16:33; 2 Cor. 4:16-18; Isa. 41:10
  - Discouragement attempts to make you give up on God – Rom. 8:28; Isa. 40:31