

## WHAT IF I TOOK CONTROL OF MY THOUGHTS?

Text: 2<sup>nd</sup> Corinthians 10:5 Romans 12:1,2 Luke 6:37, 38

"Change your thoughts and you'll change your world." Norman Vincent Peale

We have deeply ingrained thought habits that we typically turn to in response to certain situations---- such as stress, or fatigue, or doubt, or f\_\_\_\_\_.

We're programmed to think certain ways about certain things, and we often do it \_\_\_\_\_ thinking. We often think without thinking about what we're thinking about.

If your natural tendency is to think negative, and you do nothing to curb that natural tendency, then your worldview and your life experience will be on the negative side.

### THE PROBLEMS YOU GET

First, and most important, is that negative thinking robs you of a life of \_\_\_\_\_.

Unwholesome thinking, bad attitudes, and painful memories can lodge in our minds and cause chronic mental, physical, social, and spiritual problems. Remedy Romans 12:1,2

Another problem is that negative thinking leads to \_\_\_\_\_.

When you give in to the natural tendency to think negatively, it's easier to give in to the temptation to do nothing, which often leads to isolation in \_\_\_\_\_.Remedy Romans 6:37,38

### WHAT GOOD WILL IT DO?

If you are willing to do the hard work of taking control of your thought life, it will make a big difference in your life. What kind of difference? One, you'll be \_\_\_\_\_.

Two, when you take control of your thoughts, you'll develop a more accurate \_\_\_\_\_ of the world.

The purpose of positive thinking is not to create a fictional view of reality, but to see what really is, so that you can do something about it.

Positive thinking doesn't mean that you avoid thinking about negative things; it means that you avoid thinking about things \_\_\_\_\_.

Positive thinking is action-oriented thinking. It is solution-oriented thinking.

Because of this, another benefit from being a positive thinker is that you become more \_\_\_\_\_.

## HOW TO PUT IT INTO PRACTICE

How do you take control of your thought life?

1. Think on \_\_\_\_\_. Ref: 2<sup>nd</sup> Cor. 10:5

2. Think with a filter. Ref: Philippians 4:8

As you think about what you think about, run your thoughts through these filters: Is it true? Is it noble? Is it right? Is it pure? Is it lovely? Is it admirable? Is it excellent or praiseworthy? In other words: Is this thought worthy of my time? If so, give it your full attention.

When you find yourself thinking something you shouldn't be thinking, practice a \_\_\_\_\_: Move your thoughts to something good

3. Think in the direction of \_\_\_\_\_

Transformed behavior begins with a transformed thought life. Ref: Ephesians 4:23

Change your thoughts and you'll change yourself."

The right attitude is to say, "*God, I want to learn to think differently, because I want to learn to act differently, because I want to be a different person.*" Peter said, "Prepare your minds for action." Because thinking leads to \_\_\_\_\_.