**Lesson 6**

**How Do I Manage My Thought Life?**

**Proverbs 23:7{OT – pg. 852} “For as he thinketh in his heart, so is he…”**

1. Our thought life impacts every aspect of our being:
   1. Thoughts
   2. Emotions
   3. Will (Choices)
   4. Attitudes
   5. Words
   6. Actions/behavior.
   7. Conscience
2. Our thought life impacts every aspect of our life and living:
   1. Likes/dislikes
   2. Choice of work; attitude towards work; commitment…
   3. Traumatic event 🡪 recovery vs. destruction.
3. Our thought life is affected by multiple influences:
   1. The \_\_\_\_\_\_\_\_\_\_ – Lusts, malice, pride, anger, bitterness, uncleanness, etc.
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_ – both good and bad; righteous and evil. From multiple people.
   3. Exposure – Intended/unintended; life/living; media, etc.
   4. Creative imagination – Evil vs. good.

* **Your thought life is the sum of your influences and the inner man!**

1. Consider these passages from the Word regarding our thought life:
   1. Prov. 23:7{OT – pg. 852} – How & what you think determines what you become.
   2. Genesis 6:5{OT – pg. 7} – The thought life produced the wicked society that God had to destroy by the flood.
   3. Proverbs 6:16-19{OT – pg. 836} – #4 on God’s hate list is a heart that deviseth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ imaginations.
   4. Ezekiel 11:5{OT – pg. 1049} – God says He knows the things that come into your mind, every one of them. (Cp. Ps. 94:11{OT – pg. 797})
   5. As a believer in Christ we are commanded to renew our minds (Rom. 12:2{NT – pg. 230}; Eph. 4:23{NT – pg. 277}) and then bring every \_\_\_\_\_\_\_\_\_\_\_\_\_\_ into captivity and obedience to Christ (II Cor. 10:5{NT – pg. 263})
   6. Hebr. 4:12{NT – pg. 310} – the Word of God is the key tool for examining and changing our thought life.
   7. God through the washing of His word can change our thought life so that we may come to God with confidence (I John 2:28{NT – 336}) and ask Him to search me and know my thoughts (Ps. 139:23{OT – pg. 825}).
2. Changing and controlling our thought life is commanded by God. (Rom. 12:2{NT – pg. 230}; Eph. 4:23{NT – pg. 277}; II Corinth. 10:5{NT – pg. 263})
   1. Remember – we do not forget old or existing thoughts on purpose; rather we tend to forget by not \_\_\_\_\_\_\_\_\_\_\_\_\_\_ about it anymore.
   2. A great deal of our thought life will be determined by whether we walk after the flesh or after the Spirit (Gal. 5:16-17{NT – pg. 272})
      1. Flesh – Gal. 5:19-21{NT – pg. 272}; Eph. 4:22-30{NT – pg. 277}; Col. 3:5-8{NT – pg. 287}
      2. Spirit – Gal. 5:22-23{NT – pg. 272}; Phil. 4:8-9{NT – pg. 283}.
   3. We change our thought life by willfully disciplined choices – the imaginations and meditations (Phil. 4:8-9{NT - -pg. 283}).
      1. The idle mind is the devil’s workshop.
      2. We may need to have a plan of what to think about when we have nothing specific to think about. (Isa. 26:3{OT – pg. 903} – “…whose mind is stayed {*fixed*} on thee…)
      3. Cp. Ps. 19:14{OT – pg. 749}; 104:34{OT – pg. 803}; 119:97-99{OT – pg. 816}.
   4. We must guard the exposures into our thought life.
      1. Cp. Job 31:1{OT – pg. 727} w/ II Samuel 11:2{OT – pg. 441}
      2. Prov. 22:24-25{OT – pg. 852}
   5. We must guard the instructions that we receive (Col. 2:8{NT – pg. 287}; Prov. 19:27{OT – pg. 849}).
      1. Philosophies rooted in pride, greed, covetousness, etc.
3. Characteristics of the thought life of the lost who think and live after the flesh.
   1. They will span from utter corruption to a religious self-righteous type life. (John 16:2{NT – pg. 158}; Rom. 1:25{NT – pg. 217}; & Cain in Gen. 4:3-7{OT – pg. 5})
   2. Prov. 15:26{OT – pg. 845} – His thought-life will be an abomination unto God.
   3. Their thinking is corrupted by the evil working of the flesh. (Gen. 6:5{OT – pg. 7}; Gal. 5:19-21{NT – pg. 272}; Eph. 2:3{NT – pg. 274};Eph. 4:22-30{NT – pg. 277}; Col. 3:5-8{NT – pg. 287})
   4. Ps. 10:4{OT – pg. 743} – Will not desire to keep God in any of his thoughts.
   5. Col. 2:18{NT – pg. 286}; Eph. 4:17{NT – pg. 277} – His thought life is filled with pride, vanity, and self-deception.
   6. Titus 1:15{NT – pg. 304} – His thought life is defiled on many levels.
   7. Rom. 1:21, 28{NT – pg. 217-218} – His thought life can be turned over to a reprobate mind.
   8. Phil. 3:4{NT – pg. 282} – He will be deceived to trust in the flesh.
   9. James 4:5{NT – pg. 324} – He will be deceived into thinking the scriptures speak in vain.
   10. Col. 1:21{NT – pg. 285} – will make himself an enemy of God through his thought life.
4. Characteristics of the thought life of the saved, but carnal who think more after the flesh than after the Spirit.
   1. James 1:7-8{NT – pg. 322} – He will be double-minded and unstable in all his ways.
   2. Romans 8:7{NT – pg. 225} – His thought life will be at enmity with God.
5. The key to a truly changed thought-life is in one word – Repentance! This is truly a changed and renewed thinking (Rom. 12:2{NT – pg. 230}; Eph. 4:23{NT – pg. 277})
   1. The problem with the carnal Christian is that they are unwilling to see their thought life after the flesh as sinful and therefore unwilling to abandon it.
   2. Repentance = hating that which is wrong and desiring that which is right.
6. Characteristics of a Spirit-led thought life:
   1. Prov. 12:5a{OT – pg. 841} – The thoughts of the righteous are right.
   2. Gal. 5:22-23{NT – pg. 272} – The thought life will be characterized by the Fruit of the Spirit.
   3. Phil. 4:8-9{NT – pg. 283} – The thought life will be characterized by Godly virtues.
   4. Ps. 119:113a{OT – pg. 817} – In contrast the thought life will hate vain thoughts.
   5. I Cor. 13:5{NT – pg. 249} – The thought life will not think evil (or malice) towards others.
   6. I Cor. 2:16{NT – pg. 238}; Phil. 2:5{NT – pg. 281} – Will seek to put on the mind of Christ.
   7. Phil. 1:27; 2:2, 5{NT – pg. 281} – When the mind of Christ is sought, then it will produce unity of like-minded believers in Christ.
   8. Phil. 2:3{NT – pg. 281}; Col. 3:12{NT – pg. 287} – will produce a spirit of humility.
   9. Rom. 7:25{NT – pg. 224} – you will have a mind to serve the Law of God (Cp. Ps. 119:113b{OT – pg. 817})
   10. II Tim. 1:7{NT – pg. 300} – you will have a sound mind i.e. self-control or self-discipline.
   11. Is. 26:3{OT – pg. 903} – Will be strongly committed to trusting God.
   12. Phil. 1:7{NT – pg. 280} – will think of other believers even during times of personal adversity.
   13. II Cor. 8:12{NT – pg. 261} – A willingness to serve with what you have and where you are.
   14. I Pet. 4:12-13{NT – pg. 330} – Will not think it strange when suffering fiery trials.

**Principle: “It is a dangerous thing and even grossly mis-leading to blame bad/wrong choices on “mental illness”. Why? If you can mentally choose a bad choice; then you are equally able to make a good/right choice.**