

Your Way vs God's Way

On average, we have tens of thousands of thoughts a day, but we don't register most of them. We tend to ignore the most repetitive, persistent thoughts, such as the ones that take us through our morning grooming ritual or our daily commute.

What we do is so driven by habit that we don't have to think ourselves through every step. To feel how this works, try brushing your teeth with your nondominant hand. Odd, right?

In the same manner that we do not think about habitual actions... we have habitual thoughts, that we think about WITHOUT THINKING about it.

The thoughts you think WITHOUT thinking are who you are...

The thoughts you intentionally think are who you want to become...

We can think just like unbelievers...

We can respond to trouble just like unbelievers...

We can deal with pain just like unbelievers...

In fact, re-forming how we think about things is one of the most important things about becoming a believer.

Take any event that happens to people... there is a carnal way of thinking about it.

Take a job loss:

How did this happen?

Was it my fault?

These are reasonable questions. Even helpful questions.

But we do not end with healthy questions. We push into the pain. We explore the fear.

Why did that happen to me?

--This is now a question of self-worth and individuality. Am I accepted? Do I have value?

The toxic fear sets in. The depression. The anxiety.

It is as natural as being human.

These key emotional stages include:

shock and denial

Anger

Bargaining

Depression

acceptance and moving on

**You've tried your way of thinking about things. How is that working out for you?
Maybe you should try God's way.**

9 Biblical Truths

1. MY THOUGHTS CONTROL MY LIFE BUT I CAN CONTROL MY THOUGHTS!

"Be careful what you think about because your thoughts run your life!"

Proverbs 4:23 (NCV)

"...your life is shaped by your thoughts." (TEV)

2. ANY CHANGE I WANT IN MY LIFE MUST START IN MY MIND

"Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind."

Romans 12:2 (TEV)

"You're blessed when you get your inside world—your mind and heart—put right. THEN you can see God in the outside world." Matthew 5:8 (MSG)

3. I CAN CHANGE HOW I FEEL BY CHANGING HOW I THINK

David: "My heart is breaking, so I TURN my thoughts to God."

Psalms 42:6 (TEV)

Jonah: "When I'd lost all hope, I TURNED my thoughts once more to the Lord." Jonah 2:7 (NLT)

THINK --> FEEL ---> ACT

4. EVERY BEHAVIOR IS BASED ON A BELIEF

"Think carefully about your behavior." Haggai 1:5 (NJB)

ASK: WHAT AM I BELIEVING RIGHT NOW?

"A foolish person will believe anything. But a wise person THINKS ABOUT what he does."

Proverbs 14:15 (ICB)

5. ANYTIME I SIN, AT THAT MOMENT I'M BELIEVING A LIE!

"There are many ways that we THINK are right but they lead to death."

Proverbs 14:12 (NJB)

"Temptation comes from the lure of our own inner desires. These evil desires lead to evil actions, and the actions lead to death." James 1:14-15 (NLT)

6. AN UNSEEN WAR IS GOING ON IN & FOR MY MIND

"It seems to be a fact of life that while I want to do what is right, I inevitably do what is wrong. I want to do God's will so far as my new nature is concerned; but there's something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin inside me. In my mind I want to be God's servant, but instead I find myself still enslaved to sin."

Romans 7:21-23 (LB)

7. TO WIN THE BATTLE IN & FOR MY MIND, I MUST HAVE GOD'S SPIRIT & GOD'S WORD INSIDE ME

"While we live in the world, we don't fight the same way the world does. We fight with God's weapons, not worldly ones. Our weapons have God's power to demolish the enemy's strong places. We can knock down all the worldly arguments and prideful defenses that set themselves up (in our minds) against the knowledge of God. In this war, we capture every rebel thought and we make it give up, and obey Christ!" 2 Corinthians 10:3-5

"If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace." Romans 8:6 (NLT)

Jesus: "If you learn and obey my Word, you will be my disciple. Then you will know the truth, and the truth will set you free." John 8:31-32

8. MY GOAL IS TO LEARN TO THINK LIKE JESUS

"Since Jesus went through everything you're going through, and more, learn to think like him." 1 Peter 4:1 (MSG)

"Your thoughts and attitudes must be the same as that of Christ Jesus." Philippians 2:5

"We have the mind of Christ!" 1 Corinthians 2:16

9. RETHINKING MY LIFE TO MATCH HOW JESUS THINKS IS CALLED REPENTING

METANOIA = TO CHANGE YOUR MIND

noun

change in one's way of life resulting from penitence or spiritual conversion.

"what he demanded of people was metanoia, repentance, a complete change of heart"

"Repent -- change your mind and return back to God -- so that all your sins may be erased -- blotted out and wiped clean -- and so that times of refreshing...and recovering...and reviving...may come from the presence of the Lord!" Acts 3:19 (Amp)

JESUS: "I know your good deeds, your hard work, and your perseverance... But I've noticed this: You don't love me as much as you used to at first. So REMEMBER what it was like before you fell away, and REPENT -- change your mind and attitude, and RETURN to doing the things you did with me at first!" Revelation 2:2, 4-5

....

Research credit: Judy Ho, Saddleback Church.