



Presented by Gordon Green (13 February 2011)

A change in the way you think can transform your life

Jesus transforms our lives - he uses our thought life to do that. Romans 12:2 “*Let God transform you into a new person by changing the way you think.*” Jesus Christ is the source of transformation. He works together with who we are to transform us. He will work through you and the way you think, to change you.

Bring your thought life under the submission of Jesus Christ who lives in us. Yield your thought life to Jesus and embrace his mind as your mind. Allow him to express himself in your thinking.

Some examples of negative thinking

- Imagining the worst outcomes in the situations you are in. Worry
- Faulty thinking about God and his attitude towards you.
- Looking for hidden meaning behind others’ words (because of insecurity). “My wife reads into what I say.”
- Blow everything out of proportion. Let imagination run away with yourself. Imagine something will happen in future.
- Always putting self down. Not being able to see your good qualities or accomplishments. Someone gives you a compliment you minimise it – “Oh it was nothing, it’s not that good.”
- Emotionally driven thinking. Thoughts that come from negative emotions. Allowing our thoughts to run on the tracks of our feelings. Afraid to commit to someone because you have been burnt in the past. Don’t allow emotions to control your thought life

Negative thinking will hold you back and prevent you from experiencing the abundant life. What can we do about these negative thoughts? Two actions that will transform our minds.

1. Diligently guard your thoughts

1Peter 1:13 “gird up the loins of your mind” In those days the men wore long robes. When they were working or running they would shorten the robe by pulling it up within the belt in order to give them freedom of movement.

- ◆ deal with the loose ends that exist in our minds and emotions;
- ◆ correct those parts of our thinking that we know are wrong;
- ◆ grab hold of all those dangling areas in our thinking and put them out of the way;
- ◆ don’t permit things to exist in our lives that will hinder our steps and slow us down.

You can choose what you think about - Philippians 4:8. We can't stop thoughts from popping into our heads but we can decide what to do with the thoughts. You do have control. 2 Cor. 10:5 "We take captive every thought to make it obedient to Christ."

Don't allow thoughts just to flow through your mind. Ps 139:23 "Know" = distinguish or discriminate – ie lay our thoughts out before God. Every thought that comes into our mind and allow him to be the one to distinguish or discriminate which ones we are to embrace and reject.

- How do I know where a thought comes from? If we give our every thoughts to God, he will enable us to distinguish which thoughts to hold onto and which ones to reject. Sometimes when a thought comes into your mind it is obvious as what to do with it. If it is an ungodly thought reject it.
- How do you know if it is an ungodly thought? Ask yourself: Is this the kind of thought Jesus thinks? If you know he wouldn't than you can instantly say a firm "no" to that thought. Then replace that thought with a corresponding truth.

If you have surrendered your thought life to God the Holy Spirit is going to blow the whistle. He will help you recognise the lie. Reject the lie. It is not up to you to do that but up to the Holy Spirit to show you – reaffirm the truth and turn around and give the corresponding truth.

2. Meditate on the grace of God and his excessive goodness towards you.

If we have a wrong concept of God we will continually struggle with negative thoughts. If you believe that God is against you you will gravitate to faulty thinking that will lead to negative actions and the outcome will be negative. Psalm 143:5 "*I remember the days of long ago; I meditate on all your works and consider what your hands have done*" It is important to meditate on what God has done in your life. Ponder his work. Study the truth about how much the Father loves you and adores you.

Constantly grow in the knowledge of his grace. Saturate yourself with these truths, pray about them, talk about the love of God. There is much to unlearn. Gradual healing comes to us.

Two Foundational Truths that we need to believe in

I) God loves you

2) God is always working in your life for your blessing and his glory.

Trust him even when it does not makes sense. His love is the very source of your life and when you see that, it will change the way you think. It will give you a new paradigm when you believe that God totally loves you and you are one with him.

Matthew 22:37 " *'Love the Lord your God with all your heart and with all your soul and with all your mind.*'