

## THE CHRISTIAN'S THOUGHT LIFE

- Text: PHILIPPIANS 4:8
- Intro:
  - You need to be a strong Christian.
  - One who will do what is right in the face of strong opposition.
  - One of the ways we become strong in the Lord is by controlling our thought life.
  - The Apostle Paul prayed for the Christians at Colosse to be strengthened with all might, the Lord's might.
  - You need strength too.
  - One way to get that strength is to control your thought life.
  - You need to control your thought life.
  - Our Lord knows this and therefore we have a fruit within us to help control what we do with our mind (Galatians 5:22-23)
  - Temperance is self-control.
  - God says in Proverbs 23:7, "For as he thinketh in his heart, so is he."
- God hates even the thoughts of the wicked (Proverbs 15:26).
- One of seven things that the Lord says He hates in Proverbs 6:16-18 is a heart that deviseth wicked imaginations.
- We understand by reading God's word that He knows what we think (Hebrews 4:12).
- There are basically three ways that our thought life has an effect on us.
  - These are: towards others; towards ourselves; and towards God; or, outward, inward, and upward.
- I. **Outward thoughts**:
  - We should think of others on a true level, not less than what they are, but also not more than what they are.
  - Keep your eyes on the Lord and not on any man.
- 1. God wants us to think highly of those who serve Him, and honor them.
  - a) I Timothy 5:17
  - b) Matthew 15:4; 19:19
  - c) Romans 13:7
- 2 God does not want us to think more highly of any man than we ought to.
  - a) I Corinthians 4:6
  - b) Psalm 19:14 - Keep your eyes and thoughts on the Lord!
- II. **Inward thoughts**:
  - Our thoughts control our actions and therefore we need to bring our thought life under control.
  - For most people in this world, their thought life is never even considered.
  - God hates our bad thoughts, but disciplines us for our bad actions.
  - Because our thoughts control our actions we need to guard our thoughts.
- 1. God warns us.
  - a) Matthew 5:28
  - b) Psalm 119:37
- 2. God tells us how to help control our mind.

- a) Romans 12:3
- b) James 4:8
- c) Philipians 4:8
- 3. Remember we have the ability to control our thought lives because power through the Holy Spirit is available to us (II Corinthians 10:4-5).
- 4. One evidence of salvation is that you recognize the necessity of rebuilding your thought life.
  - God's Holy Spirit pricks our heart telling us that He is not happy with our unclean thoughts.
- NOW WE HAVE REACHED THE PLACE WHERE WE OUGHT TO BE IN OUR FELLOW- SHIP WITH GOD, SO LET'S GO TO THE NEXT POINT.
- III. **Upward thoughts:**
  - What we think should be clean because even our thoughts are known to the Lord.
  - Would you take something filthy that your boss detested and set it before him where it continually reminded him of you?
  - We do that to God when we continually parade our wicked thoughts before Him.
    - 1) Proverbs 15:26
    - 2) Matthew 9:4
    - 3) I Corinthians 3:20
- Rebuilding thoughts (Romans 12:2).
  - A. Confession (I John 1:9)
  - B. Memorization (Psalm 119:11)
  - C. Visualization (John 15:7)
  - D. Personalization (Changing pronouns of "you", "they", or "his" to "I", "me", and "my" so that Scripture becomes personal in your thoughts.)
- REMEMBER: YOUR THOUGHTS ARE AN INDEX OF YOUR CHARACTER;
  - THEY ARE THE POWER BEHIND THE ACTION,
  - SO GUARD YOUR THOUGHTS. DILIGENTLY
  - STRIVE TO KEEP YOUR THOUGHTS OUT OF THE GUTTER.
  - KEEP YOUR THOUGHT LIFE CLEAN, AND YOU WILL BE BETTER ABLE TO KEEP YOUR ACTIONS CLEAN!