

True Disciple #27 You Become What You Think

Welcome to True Disciple #27. This is Rod Nichols and I'm very excited about this message, because it could dramatically change your life. I've titled the message You Become What You Think. So, if you aren't happy with where you are in life, it's time to examine your thinking.

Proverbs 23:7 (NKJV) says, "For as he thinks in his heart, so *is* he." Your first question might be, how can I think with my heart. If we dig into the original language, it's not talking about your blood pumping heart, but rather that center of a person, the soul. The soul represents the mind, will, and emotions. So, the scripture might read, for as he (or she) thinks in his (or her) mind, will, and emotions, so is he (or she).

According to numerous scientific sources, we have between 50,000 and 70,000 thoughts per day. That's 35 to 48 thoughts per minute. Are you aware of those thoughts – some you are and others you aren't. The key to becoming who and what you want, is determined by first, becoming more aware of your thoughts and second controlling them.

Many of your thoughts are negative and will destroy your future, so you must learn to deal with them. In fact, there is an unseen battle for your thoughts. The battle is between your fleshly evil desires, the lies satan tells you, and thoughts you are receiving from the Holy Spirit. The key is to get your "heart" or soul to reject the evil thoughts and receive the Holy Spirit thoughts. That's the ongoing battle in your brain.

The Apostle Paul, who wrote most of the New Testament, struggled with his thoughts. We see this in Romans 7:21-25 (NIV):

"So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and

making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin."

In verse 22, Paul says that his "inner being" delights with God's law (God's Word). He is speaking of his spirit man, which is connected to God through the Holy Spirit. Paul's spirit (and yours) is totally in sync with God and His ways.

However, we see the battle in verse 23, where Paul talks about his mind and how it's making him a prisoner to the sin that is at work in him (and all of us).

This battle produces this statement from, the most amazing Apostle in the Bible, "What a wretched man I am! Who will rescue me from this body that is subject to death?"

If Paul was struggling this much, imagine how this battle is affecting you and me.

The first step in getting control of those thoughts is to get off of God's throne. What? Yes, you heard me correctly. When you act on thoughts that are contrary to God's word, you are taking on the role of God and kicking Him off the throne in your life. Wow! That's a scary thought and to use a famous question, how's that working for you? If you are like me, not so good.

So, in order to get off God's throne, you must humble yourself, admit that you are not God and let God be God in your life.

Next, we've got to become more aware of how we are conforming to the thoughts of this world. Our thoughts are formed by the information we receive in school, at work, from other people, and through the media. Most of those sources have an anti-God agenda and so your mind is being poisoned against God and His ways.

Romans 12:2 reads, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

After you have humbled yourself, you must stop conforming to the pattern (or ways) of this world. That first means to limit what you are hearing and seeing – cut back on television and radio, particularly the news and that's also true of the internet. Stop hanging out with and listening to people who are spewing the world's ways.

Become more aware of the thoughts that are floating into your mind.

In last part of 2 Corinthians 10:5 (NIV), Paul tells us to ""take captive EVERY thought to make it obedient to Christ."

I like the way the NLT says it, "We capture their rebellious thoughts and teach them to obey Christ." Capture your rebellious thoughts and teach them to obey Jesus.

We are to grab each thought and submit it to Jesus for his review. We do this through the thought test found in Philippians 4:8, "...Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

When you have a thought, stop it and say, is this thought true, honorable, right, pure, lovely, admirable, excellent, worthy of praise? In other words, is it heavenly . . . from the Holy Spirit? If so, accept the thought and let it take root. On the other hand, if your thought is negative, impure, degrading, ugly, critical, and self-destructing, then you are to cast it away. Do, so with a grabbing hand motion and say, “in Jesus name I reject that thought.” It will seem kind of weird at first, but soon, taking your thoughts captive will become a subconscious habit.

Finally, you need to fill your mind with thoughts that do fit Philippians 4:8 and you will find those in the Word of God. Invest more time in studying and meditating in the Bible than watching TV, listening to talk radio, looking at the internet and social media.

Luke 6:45 says, “A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.”

If your heart (mind, will and emotions) is full of the Word of God, then that’s what will influence your thoughts and come out of your mouth. It’s what will control the direction of your life, because you will always move toward your dominant thoughts.

True Disciples have learned to control their thoughts and to only allow those that come from God, that way, God is always leading their lives into His plan . . . a good plan, one to prosper you and not to harm you, to give you hope and a future (Jeremiah 29:11).

That’s it for message 27. I hope you will take this to heart and put it into action. It will change your life. Until next time, be blessed!