

## THINKING ABOUT THINKING

September 20, 2020 Various Texts by Bob Branch

**BIG IDEA: Build a solid thought-life foundation and learn to filter your thoughts through it.**

Our **FOUNDATIONS** are Beliefs, Convictions & Values we buy into, invest in, and hold to be a solid foundation to live from.

- **Beliefs:** ideas we hold true, dependable, leaned on.
- **Convictions:** core beliefs of greater importance.
- **Values** are principles that help you decide good/bad...

**What TRUTH-SOURCE are you trusting for these?**

**Scriptures inform our beliefs, convictions and values.**

“If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” **John 8:31-32**

**God’s truths become the FILTERS we interpret input thru.**

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” **2 Timothy 3:16-17** NLT

**Beliefs**—one God, one Savior...

**Convictions**—Jesus only way, now is not all there is...

**Values**—loving others well, mercy, relationship, humans...

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the

flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God.” **Romans 8:5-8** ESV (Col. 3:2)

**INCIDENTALS:** dealing with the barrage of thoughts

<sup>1</sup> **Look at thoughts** \_\_\_\_\_.

“First get rid of the log in your own eye...” **Luke 6:42** NLT

“So if I do what I don’t want to do, it’s no longer ‘I’ doing it; it’s sin, living inside me.” **Romans 7:20** NTE

*A thought is a thought. It is not necessarily you.*

<sup>2</sup> **Get** \_\_\_\_\_ **about the thought.**

“Everyone ought to examine themselves before they eat of the bread and drink from the cup.” **1 Corinthians 11:28** (2 Cor. 13:5; Ps. 139:1)

“Why, my soul, are you downcast? Why so disturbed within me?” **Psalms 42:5**

*“Hmm. What’s up with that? Why do I feel so threatened? Am I feeling hopeless? Why? Am I without hope? Do I think I’m worthless? Is that what I believe? Hmm.”*

<sup>3</sup> **Notice the thought, examine it, and** \_\_\_\_\_ **what to do with it.**

*“Notice the thought and let it go.”*

“We take every thought prisoner and make it obey the Messiah.” **2 Corinthians 10:5** NTE

<sup>4</sup> **Process your thoughts in** \_\_\_\_\_ (with trusted others).

“confess your sins to each other and pray for each other so that you may be healed.” **James 5:16**