

# Change Your Thought Life for Greater Spiritual Growth

(Go to Meeting)  
Roger Kendall

(introduction left out of transcription)

Can a true Christian change and improve their thought life for greater spiritual growth? That's the focus of my message and hopefully by the end of the message we'll get some real keen insight into not only is this possible, but this is something that we all need to be doing on a regular basis.

Psalms 139:14—concerning our bodies: "I will praise You, for I am awesomely and wonderfully made..."

This is true. We look at our human bodies and we're made in the image and likeness of God, but just consider all the parts of the body: the hands—the whole focus of the motor generation that we have—the heart, liver all working to provide life to this body. *It's a marvelous thing!*

Nowhere is this more evident when we consider the human brain, which is like a mini-super-computer and it processes over 30,000 thoughts a day. It's our 'thought life' that reflects who we are as a person:

- our temperament
- our personality
- our character

Proverbs 23:7: "For as he thinks in his heart, so is he..." *It's our thought life that truly shapes up and reflects who a person is!*

Why is this? *Very simply, we are guided and controlled by our thoughts!* This leads us to the decisions and choices that we make in life. Of course, there are a lot of things that happen in our bodies that just happen automatically. We have capabilities through our thoughts to direct our thinking, speaking, all that we say and do.

The thoughts that proceed from our mind are very powerful, because they can reflect who we are now, but also we need to consider what we will be in the future.

What we spend our time thinking about directly affects our attitude, and also affects our conduct. Let's consider that it can also affect our relationship with God. What we think and how we act and move our thoughts is very important in our relationship with God.

In the message today, I want to give you some information and key points on *how we, as*

***God's people, can change and improve our thought life for greater spiritual growth!*** This will help us to take on more of the very mind of Christ, and to be able to have more Godly character. It will also help us to think more like God thinks.

Think about that! An incredible thing, and yet, with God's Spirit and help we're going to see that we can do that.

Matthew 6:33: "But *as for* you, seek first the Kingdom of God **and** His righteousness..." *These are our marching orders!* We are to truly put God first in our lives and we are to seek the Kingdom of God and Godly character: *keeping the commandments and seeking righteousness!*

We need to continue to grow, change and overcome. This is something that Fred has mentioned in many messages. We need to truly recognize that we need to grow in righteous character. We need to take on more of the very nature of God and change the very way that we live. We are to overcome the *spiritual enemies* that we have; we know what they are:

- this present evil world
- the workings of Satan
- the law of sin and death within us; the carnal flesh

***On our own strength and power we cannot accomplish that!*** You think that it's impossible to climb Mt. Everest, and likewise, how can we do these things that God is looking for us to accomplish according to His will and purpose in our lives. He's given us some powerful tools and power to accomplish this.

## 1. He's given us Holy Spirit

The very power of God, and it allows Christ and God the Father to dwell in us; therefore, it is something that we can truly look to and have the power to do the things that we need to be doing.

2-Timothy 1:7: "For God has not given us a spirit of fear, **but of power, and of love, and of sound-mindedness.**" *This describes the Holy Spirit that is one of power!*

I don't think that we appreciate the power that God has given us through His Holy Spirit. We just have to link in and use that power. It's a Spirit **"...power, and of love, and of sound-**

**mindedness**”—which reflects self-control, **but also the mind of Christ!**

## 2. **Holy Word—the Bible, the very Word of God**

2-Timothy 3:16: “All Scripture **is God-breathed**... [inspired; the words that God wanted recorded] ...and **is** profitable for doctrine, for conviction...”—*the inner force within us that is truly seeking the Kingdom of God with all of our zeal and might!*

“...for correction... [to be able to change those things that we need to change] ...for instruction in righteousness so that the man of God may be complete, fully equipped for every good work” (vs 16-17). This brings out another element:

## 3. **Do good works**

Matthew 4:4: “...‘It is written, ‘Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.’”

Jesus Christ is the Word, and He is *the Way, the Truth and the Life*; the life that comes through Jesus Christ.

John 6:63: “It is the Spirit that gives life; the flesh profits nothing. The words that I speak to you, *they are Spirit and they are Life.*”

God has written His laws and commandments in our very heart and mind. This allows us to understand and to appreciate His laws and live by them. Of ourselves, we would not do that.

Through His Spirit and the Word that He’s given to us, He writes them on our heart and mind so that we have the means to practice and live by every Word of God. You put all these pieces together and you know that we are to be perfected in love, because God **is** love. We are to become like He is in righteousness, Truth and in His Word.

By God dwelling in us, we can be perfected in love. We need to do our part. God has given us these powerful tools to be able to accomplish that, but we have our part to play, as well. We have to:

- obey and keep His commandments
- love God with all of our heart, soul, strength and being
- walk the way that Christ walked

Speaking about growing and walking in the way of Jesus Christ, John writes:

## 4. **Keep His Commandments**

1-John 2:3: “And by this *standard* we know that we know Him: **if** we keep His commandments.”

Keeping the commandments is linked to loving God, but it’s also that ***we know Him*** through His Word and His commandments.

Verse 4: “The one who says, ‘I know Him’ and does not keep His commandments, is a liar, and the Truth is not in him. On the other hand, *if* anyone is keeping His Word, **truly in this one the love of God is being perfected. By this means we know that we are in Him.** Anyone who claims to dwell in Him is obligating himself also to walk even as He Himself walked” (vs 4-6)—*when He was on the earth!* It’s amazing that we can know and understand this.

## 5. **Walk in Love**

1-John 4:11: “Beloved, if God so loved us, we also are duty-bound to love one another.” *This is one of the key aspects of a true Christian:* that we love God **and** love one another as Christ loved us.

Verse 12: “No one has seen God at any time. *Yet*, if we love one another, God dwells in us, and His own love is perfected in us”—*and His own love is perfected in us!*

Again, we see this love being perfected. It’s what’s interesting about this as we grow in conversion, we can be growing in love and perfection. This is a marvelous thing that the power of God is doing in us.

Verse 13: “By this *standard* we know that we are dwelling in Him, and He *is dwelling* in us: because of His own Spirit, *which* He has given to us. And we have seen *for* ourselves and bear witness that the Father sent the Son *as the* Savior of the world” (vs 13-14)—*to cover our sins, and to make it possible for us to be reconciled to God the Father!*

Verse 15: “Whoever confesses that Jesus is the Son of God, God dwells in him, and he in God.”

John 17:21: “That they all may be one, even as **You, Father, are in Me, and I in You; that they also may be one in Us,** in order that the world may believe that You did send Me.” *These are powerful Scriptures!*

1-John 4:16: “And we have known and have believed the love that God has toward us. God is love, and the one who dwells in love is dwelling in God, and God in him. By this *spiritual indwelling*, the love *of God* is perfected within us, so that we may have confidence **in the day of judgment...**” (vs 16-17)—*the day of salvation for us; the day of our resurrection!*

If we’re doing these things and have confidence, we’re going to be there. We’re going to be standing on the Sea of Glass and see God face-to-face; ***IF*** we’re doing these things! God is revealing

to us what we need to be accomplishing in our lives, and do it with zeal and determination.

“...because even as He is, so also are we in this world” (v 17),

## 6. Become Perfect

Matthew 5:48: “Therefore, you shall be perfect, even as your Father Who *is* in heaven is perfect.”

Not only are we to be perfected in love, we are to become perfect as God is perfect. How does this work?

Ephesians 4:11: “And He gave some as apostles, and some prophets, and some evangelists; and some pastors and teachers.”

These are positions of service and responsibility within the structure of God’s Church! Not a system of hierarchy of power and control, but one of service.

Verse 12: “For the perfecting of the saints, for *the* work of *the* ministry, for *the* edifying of the Body of Christ; until we all come into the unity of the faith and of the knowledge of the Son of God, unto a perfect man, unto *the* measure of *the* stature of the fullness of Christ” (vs 12-13).

So, this is the process that I’m talking about, that we can become more like God, and we can, indeed, take on perfection. This is very, very important for us, because God wants us to grow and become like He is.

Ephesians 3:15: “Of Whom the whole family in heaven and earth is named, that He may grant you, according to the riches of His glory, to be strengthened with power by His Spirit in the inner man” (vs 15-16).

Here we see the process of how this is occurring. God’s power is in us.

Verse 17: “That Christ may dwell in your hearts by faith; *and* that being rooted and grounded in love, you may be fully able to comprehend with all the saints what *is* the breadth and length and depth and height, and to know the love of Christ, which surpasses *human* knowledge **so that you may be filled with all the fullness of God**” (vs 17-19).

That’s profound, and that means that you are *being perfected!* Does this not mean that this has a factor in this? *It certainly does!*

In order to accomplish these very things, we need to change and take on the mind of Christ and be able to think as God thinks, and to be able to do those things that are pleasing in His sight. We will see what this means:

Ephesians 4:19: “They... [the Gentiles] ...have cast off all feelings, *and* have given themselves up to licentiousness, to work every uncleanness with insatiable desire. But you have not so learned Christ” (vs 19-20).

We’ve been growing, learning and all that God is teaching us, becoming more aware of what He requires and what we need to be doing.

Verse 21: “If indeed you have heard Him and have been taught in Him, according to *the Truth* in Jesus: That concerning your former conduct, you put off the old man, which is corrupt according to deceitful lusts; and that you be renewed in the spirit of your mind; and that you put on the new man, which according to God is created in righteousness and Holiness of the Truth” (vs 21-24).

We need to recognize this has a major effect that we have is to have control and to improve the way that we think.

An essential part of this, as we become more and aware of God’s character and growing in that, we realize that we must eliminate all pride and vanity from our lives. We must eliminate this, because this is not part of what God is at all.

Philippians 2:1: “Now then, if *there be* any encouragement in Christ, if any comfort of love, if any fellowship of *the* Spirit, if any *deep* inner affections and compassions, fulfill my joy **that you be of the same mind**... [the mind of Christ, unity of the mind (Eph. 4)] ...having the same love, being joined together in soul, minding the one thing” (vs 1-2).

To love God and His commandments and seek the Kingdom of God with all of our heart, soul and being, and to do His will! *That’s seeking the Kingdom of God in earnest!*

Verse 3: “*Let* nothing *be* done through contention or vainglory... [thinking vain thoughts of pride; think more of yourself than you are] ...but in humility, each esteeming the others above himself. Let each one look not *only* after his own things, but *let* each one also *consider* the things of others” (vs 3-4).

This is part of the work that we need to be doing: Loving one another and serving one another in humility and meekness!

Verse 5: “**Let** this mind be in you, which *was* also in Christ Jesus.” *Paul is saying that this is something that we have to allow and work for!*

This is something we need to grow in and change and improve our thoughts so our spiritual lives can be improved.

Rom. 12 is kind of a summation of what

we're talking about in terms of taking on the mind of Christ.

Romans 12:1: "I exhort you, therefore, brethren, by the mercies of God, to present your bodies a living sacrifice..."—*a lot to be said about this; serving God and serving one another!*

"...Holy... [having the righteousness of God and being Holy in conduct] ...and well-pleasing to God, which is your spiritual service" (v 1)—*things that God says that we ought to be doing!*

Verse 2: "Do not conform yourselves to this world... [come out of this world, don't be part of this world] ...but **be transformed by the renewing of your mind...**"

This suggests that there's going to be a change in the mind both spiritually and even physically as we walk more in God's way and practice the way of Truth!

**"...in order that you may prove what is well-pleasing and good, and the perfect will of God"** (v 2).

By transforming the way we think and transforming our mind to be like Christ, we will grow in knowing in the knowledge of understanding God's will and we will be pleased to do our best to fulfill God's will and His purpose in our lives.

Conversion is a process and we grow in the mind of Christ as we:

- love God with all of our being, our soul, our strength and heart
- doing His Word
- keeping His commandments
  - ✓ through prayer, our daily communication with God
  - ✓ through Bible study and meditating on His Word

*in daily living*

- ✓ by practicing the Truth day-by-day!

If we continue to do these things we'll be growing in the mind of Christ and in the way that we conduct our lives: the way that we live, act, speak and carry out God's will. But finally: ***we grow in the mind of Christ by the way we think! Our thought life!***

So, it all comes together. God is helping us to understand how we can be growing in the mind of Christ. This part of growing in the mind of Christ and *perfecting our thinking* is what I'm going to be focusing on in the rest of my message. ***God knows our thoughts; He is a thought-knowing God!***

Psalms 94:11: "The LORD knows the thoughts of man, that they are vanity."

This is talking about the carnal man, who is in the world. I hope that doesn't describe us, but that we focus on God, thoughts that focus on His way, His Truth, so that He can know that in our thinking and all that we're doing that we are truly focused on Him.

A lot of interesting things in Proverbs that we can read and really help us to appreciate what God thinks about thoughts and the way that men think.

Proverbs 12:5: "The thoughts of the righteous *are* right... [that is a clear statement; they're correct and true, and perfected in some sense] ...the counsels of the wicked *are* deceit." *That's the way the world is! We live in a world that lies in deceit, that's for sure.*

Proverbs 15:26: "The thoughts of the wicked *are* an abomination to the LORD, but the words of the pure... [referring to God's people] ...*are* pleasant words." *That's what we are to be, pure before Him, cleansed in spirit and in truth!*

Proverbs 24:8: "He who plots to do evil shall be called a master of devious thoughts.... [we just read about devious thinking, the carnal mind] ...**The thought of foolishness is sin**, and the scorner is an abomination to men" (vs 8-9).

That's interesting! There's another place that says that 'he who is a foolish person is a not going to enter into the Kingdom of God.'

Verse 10: "*If you faint in the day of adversity, your strength is small.*" *Something to keep in mind as we continue to walk toward the Kingdom!*

Our minds and thoughts shapes and forms who we are as a person. Our thinking patterns—how we think and use our mind, *our thought life*—gives rise to our attitude, our desires, our emotions and our belief system. *And yes, our faith and trust in God!*

The choices and decisions that we make, whether good or bad, and even through our character, let's recognize that ***'how a man thinks, so is he!'*** So, our thoughts are the basis of what proceeds in our mind!

Christ pointed out that what proceeds from a person's mind can defile us; it can be either good or evil. Jesus focuses on the fact that within the carnal man much evil comes from the thoughts of evil men.

Mark 7:21: "For from within, out of the hearts of men go forth evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickednesses, guile, licentiousness, an evil eye, blasphemy, pride, foolishness; **all these evils go forth from within, and these defile a man**" (vs 21-23).

Defiling means that *it makes us unclean if we think these thoughts!* If we think these thoughts we need to recognize that they are sins and we need overcome them.

We must train our mind, work on our thinking, not just to think casually, but purposefully so we can think more like God does.

Isaiah 55:6: “Seek the LORD while He may be found; call upon Him while He is near.... [a call to repentance] ...Let the wicked forsake his way, and the unrighteous man his thoughts... [forsaking your unrighteous thoughts] ...and let him return to the LORD, and He will have mercy upon him; and to our God, for He will abundantly pardon” (vs 6-7).

This is a loving God Who—upon repentance—shows mercy and forgiveness!

Verse 8: “For My thoughts *are* not your thoughts, nor your ways My ways,” says the LORD. ‘For *as* the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts’” (vs 8-9). *This is certainly true for carnal man, but when we consider ourselves:*

- ***if*** we’re growing in conversion
- ***if*** we’re growing in the Truth of God
- ***if*** we’re practicing and living by the Word of God

We should be ‘closing the gap’ in one sense of the world, that we should take on the mind of Christ and begin to think more like God thinks and begin to take on more of His ways and therefore we can truly appreciate that this is happening, as we truly practice and change the way we think for greater spiritual growth.

For that reason we ought to pursue a program to help in controlling our thought life, which means that we focus on righteous thinking, and ***guard the door of our mind from all kind of influences that will lead us in the opposite direction!***

Proverbs 4:20: “My son, attend to my words; incline your ear to my sayings. Let them not depart from your eyes; keep them in the midst of your heart... [talking about the Word of God] ...for they *are* life to those who find them, and health to all their flesh. **Above all guard the door of your mind with diligence...** [all major effort] ...for out of it *are* the issues of life” (vs 20-23). *Out of the human mind proceeds who we are, all that we are able to do and say!*

Verse 24: “Put away from you a deceitful mouth, and devious lips put far from you.” *This requires the way that we think, because thinking should always precede speaking!*

Verse 25: “Let your eyes look right on, and let your eyelids look straight before you. **Ponder** the path of your feet...” (vs 25-26).

Look carefully so that you can walk in righteousness. If you do that, if you ponder and are careful how you walk, then:

“...and all your ways *will be* established.... [God’s way] ...Do not turn to the right hand nor to the left; remove your foot from evil” (vs 26-27).

What does it mean to *guard*? *To keep safe from harm, watch over, protect, defend and shield!* We must guard our thinking from influences and especially the influence of this world, but also, Satan the devil! The ‘god of this world’ can affect our thinking, attitude and thoughts. He is the ‘prince of the power of the air’ (Eph. 2). He can transmit ideas and thoughts into the unprepared mind, or the mind that is open to these kinds of suggestions. He can put in thoughts of evil and truly get us to think in the areas of:

- anger
- bitterness
- envy
- lusting
- greed
- discouragement

*To try to discourage us in our relationship with God!* Satan can do these things if we allow Him to do that, ***and we allow that by not guarding the door of our mind!*** It goes hand-in-hand!

When it comes to guarding our mind, we can also look to what Paul teaches us about putting on the armor of God (Eph. 6). There are several parts of it, but I’m going to focus on the *helmet*. You put on the helmet protect your head from blows and forces that will come against your head and your mind.

Spiritually the helmet represents the mind of Christ, or His presence in us! In our mind He is there, Christ and the Father are in us, and protecting us against Satan the devil, wrong thoughts and evil things that are in the world, as well as helping with the sin within, the law of sin and death within.

The helmet also helps us to focus on the Kingdom of God and our desire to be with God the Father and Jesus Christ. The helmet protects us and also helps us to take on the mind of Christ and we can then live as God would have us live.

So, as we set our heart and mind to live God’s way with determination and zeal. Even our thoughts can be changed to reflect more on God’s righteousness and more on the way God thinks.

Proverbs 16:3: “Commit your works unto

the LORD, and your thoughts shall be established.” *Your thinking, your thoughts!*

When you commit your works, your life unto the Lord, walking in the Truth, the Light and the commandments of God, you commit your life and works to God, “...your thoughts will be established.” *Godly thoughts!* This is so important for us to appreciate. This means a true commitment to God, to be devoted and dedicated to God and we can effectively change our thought life for greater spiritual growth.

Now I’d like to give you five points, simple but expresses the point that if we follow these points and practice them, they will better help us to control our thought life, transform the way we think and transform our mind to be like Christ.

### 1) Recognize the source or influences of wrong thinking, or sinful thinking

So many things affect a person’s mind, and one of the key things is our family upbringing when we’re a young child. As psychiatrists and people know, a child by the age of four or five his personality, temperament are almost hardwired by that time. In other words, it happens at an early date.

But we as the people of God, we are to train up our children with God’s Word (Deut. 6:7) by diligently doing that.

Proverbs 22:6: “Train up a child in the way he should go... [the way of God] ...and when he is old, he will not depart from it.” *That’s why it’s so important to establish at a very early age, to instill God into our children!*

The influences of the world, Satan the devil and our own inner sin, the law of sin and death that’s within us. Paul recognized this problem and he pointed it

Romans 7:21: “Consequently, I find this law... [the law of sin and death] ...*in my members*, that when I desire to do good, evil is present with me. For I delight in the Law of God according to the inward man; but I see another law within my own members, warring against the law of my mind, and leading me captive to the law of sin that is within my own members” (vs 21-23).

Galatians 5:17: “For the flesh lusts... [battles] ...against the Spirit, and the Spirit against the flesh...” *So, there’s a spiritual battle going on in our mind! With God’s help and doing our part we can win that battle!*

Romans 7:25—Paul gives the solution: “I thank God *for His salvation* through our Lord Jesus Christ. Because of this, on the one hand, I myself serve the Law of God with *my mind*; but on the other

hand, with the flesh, *I serve the law of sin.*”

Romans 8:1: “Consequently, *there is* now no condemnation to those who are in Christ Jesus, who are not walking according to *the flesh*, but according to *the Spirit.*” *Tie in Gal. 5, the fruits of the flesh and the fruits of the spirit to understand more of that!*

Verse 2: “Because **the Law of the Spirit of Life** in Christ Jesus has delivered me from the law of sin and death.” ***His Word is Life; Christ is the Source of Life***, and it’s wonderful to understand that.

Verse 3: “For what *was* impossible for the Law to do, in that it was weak through the flesh, God having sent His own Son in *the likeness* of sinful flesh, and for sin, condemned sin in the flesh; in order that the righteousness of the Law might be fulfilled in us, who are not walking according to *the flesh*, but according to *the Spirit*” (vs 3-4)—*walking in the way of Jesus Christ (1-John)!*

Verse 5: “For those who walk according to the flesh mind the things of the flesh; but those who walk according to *the Spirit* mind the things of the Spirit.” *We’re talking about thinking, what’s in our mind!*

Verse 6: “For to be carnally minded *is* death, but to be spiritually minded *is* life and peace.” *These are things to keep in mind as we walk according the Spirit and live according to God’s Way.* Then we can overcome these sources that affect us.

### 2) Repent of wrong thinking

Not all thinking is wrong thinking, but when we come across things in our lives that we do know, say something or think something that is sinful, ***we need to repent; come before God and seek His forgiveness!***

Ezekiel 14:3—God says: “...these men **have set up their idols in their hearts**... [v 4] ...Every man of the house of Israel who **sets up his idols in his heart**...”—*in our mind!*

We have idols in our mind that we need to search out and literally destroy, because any idol in our mind will become you and God. Those are idols that we need to get rid of and eliminate.

Matt. 5—Christ talks about adultery and to lust in your mind is sin! We’re called to uphold a higher level of the spiritual intent of the Law. This whole chapter really goes through that.

Matthew 5:27: You have heard that it was said to those *in ancient times*, ‘You shall not commit adultery.’ But I say to you, everyone who looks upon a woman to lust after her has already committed adultery with her in his heart” (vs 27-28).

***We need to understand that we can sin in our mind!*** The sin of thinking and having these idols. We need to repent of these sins in our mind and seek God's forgiveness.

### 3) Remove and cast out wrong sinful thinking

2-Corinthians 7:1: "Now then, beloved, since we have these promises, **we should purge ourselves from every defilement of the flesh and the spirit, perfecting Holiness in the fear of God.**" Tie in Matt. 5:48!

Paul is saying that we need to purge and cleanse our mind, and cast out, eliminate and destroy wrong sinful thinking, strongholds that may be in our mind!

2-Corinthians 10:3: "For although we walk in *the* flesh, we do not war according to *the* flesh. For the weapons of our warfare *are* not carnal..." (vs 3-4). The weapons that we have:

- the Spirit of God
- the Word of God
- God dwelling in us

Our weapons "...are not carnal. but mighty through God to *the* overthrowing of strongholds"—*elements in our mind that reflects areas that we need to clean up and cleanse*, because they're not perfect before God. *They're wrong thinking*:

- bitterness
- anger
- lusting

*Anything that we're doing and thinking that's contrary we need to cast out!*

Verse 5: "Casting down *vain* imaginations... [prideful thinking] ...and every high thing that exalts itself against the knowledge of God, and **bringing into captivity every thought into the obedience of Christ.**" *Controlling our thoughts, casting out all wrong thinking so that we have the mind of Christ!*

Verse 6: "And having a readiness to avenge all disobedience..." *Being quick on the draw to avenge all disobedience of God's laws and ways!*

"...whenever your obedience has been fulfilled" (v 6). *Keep this in mind and cast out these wrong thoughts and get rid of them!* But that's not enough:

### 4) Replace wrong sinful thoughts with righteous thoughts

Nature does not like a vacuum, taking all the air out. If we do that then forces are going to be wanting to occupy that space. One of the things we

think about is to remove air from a bottle is to put water in it.

The principle can be seen here. We can truly replace wrong thinking by replacing it with right thinking.

In order to win the battle for your mind, we must first cast out, purge out, sinful, wrong, toxic thinking, but then we need to replace wrong thoughts with positive righteous, Godly thoughts. It's something we have to work at, but it's something we need to be doing.

This approach is very similar to what we do during the days of Unleavened Bread, because the principle is to eat the unleavened bread, which represents the righteousness of Christ, the mind of Christ.

We've tossed out the unleavened bread, which represents sin, and now we're taking in the unleavened bread of Christ, He is the Bread of Life, so we need to be putting that into our lives. This will change our thoughts and actions from that which is wrong and evil, to that which is good. So, we will be walking in righteousness and Truth.

It's though prayer, Bible study, meditation and focusing on the living Word of God that we can fill our mind with Godly thoughts.

Philippians 4:6: "Do not be anxious about anything; but by prayer and supplication with thanksgiving, let your requests be made known to God in everything." *That's our prayer life!*

Verse 7: "And the **peace of God**, which surpasses all understanding, **shall guard your hearts and your thoughts** in Christ Jesus."

We know that once we go to God and He shares our prayers, and we can be encouraged, edified and He gives us His peace. This acts like a barrier and guards our heart and mind.

Verse 8: "Finally, brethren, **whatever things are true**, whatever things are **honorable**, whatever things are **just**, whatever things are **pure**, whatever things are **lovely**, whatever things are of **good report**; **if there be any virtue and if there be any praise, think on these things.** Whatever things you have learned and received and heard and seen in me, you do also; **and the God of peace shall be with you**" (vs 8-9).

Meditation is the one thing that we can do anytime during the day, on God's Word, His Truth. Meditation means to *ponder, focus your mind on those things that God wants us to do!* Blessed is the man who meditates on God's laws day and night (Psa. 1:2).

Fill your mind with God's thoughts and focusing on God and His way 24/7 and there will be no room for wrong thinking to come in.

**5) Remain focused on your goal to achieve the Kingdom of God and His righteousness in your mind**

Matthew 6:33: "But *as for* you, seek first the Kingdom of God and His righteousness, and all these things shall be added to you."

Remain focused on that as you go through your day, and recognize what God has prepared for us as His children in the Kingdom. *A tremendous thing!*

Keep your vision on the Kingdom of God burning brightly in your mind. In that way we will be continuing to be edified and growing in Truth and understanding as we continue to meditate on His way.

Colossian 3:1: "Therefore, if you have been raised together with Christ... [through baptism] ...seek the things that are above, where Christ is sitting at *the* right hand of God. Set your affection on the things that are above, and not on the things that are on the earth. For you have died, and your life has been hid together with Christ in God" (vs 1-3).

As we do that, v 12: "Put on then, as *the* elect of God, Holy and beloved, deep inner affections, kindness, humility, meekness *and* long-suffering; forbearing one another, and **forgiving one another** if anyone has a complaint against another; even as Christ forgave you, so also you *should* forgive. And above all these things **put on love, which is the bond of perfection**. And let the peace of God rule in your hearts, to which you were called into one body, and be thankful. Let the Word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And *in* everything—whatever you do in word or in deed... [and whatever we think] ...—do all in the name of *the* Lord Jesus, giving thanks to God and *the* Father by Him" (vs 12-17).

Brethren, in conclusion, we can change and improve our thought life for greater spiritual growth. I think these Scriptures point out that this is something that is possible that we can do with the tools, the very powerful spiritual tools that Christ has given to us:

- His Holy Spirit
- the Word of God
- the mind of Christ in us

So that we can truly change the way we think and take on more of the very thoughts of God.

With repeated effort and focus, we can resist and discard wrong thinking and negative and unrighteous thoughts. We can replace them with positive thoughts, thoughts that are God-centered. *Over time you brain will change!* Not just spiritually, but also physically.

You will find that your physical brain will begin to develop new brain cells and new synapses, and this is part of what we call neuronal toxicity. They do know through studies that the brain—even the older brain—new brain cells can form and this is something that we can see happening.

We can grow in grace and knowledge, and also in character. The more we focus and train our brain to think more like God thinks, the more we will be in control of our thoughts, our emotions and thinking.

Remember, *practice makes perfect!* The more that we do this and practice it, and earnestly focus on it, you will see some changes. If you're ready to focus your mind and incorporate God's Word into your thinking on a daily basis—at work, at home, whatever you're doing—as you think about things, think about the things of God 24/7!

- stay close to God
- study His Word
- pray daily
- meditate on His Word

If we're doing this, we can be successful! ***We can transform the way we think for greater spiritual growth!*** God says, ***'We are to become perfect as He is perfect!'***

Scriptural References:

- 1) Psalm 139:14
- 2) Proverbs 23:7
- 3) Matthew 6:33
- 4) 2 Timothy 1:7
- 5) 2 Timothy 3:16-17
- 6) Matthew 4:4
- 7) John 6:63
- 8) 1 John 2:3-6
- 9) 1 John 4:11-15
- 10) John 17:21
- 11) 1 John 4:16-17
- 12) Matthew 5:48
- 13) Ephesians 4:11-13
- 14) Ephesians 3:15-19
- 15) Ephesians 4:19-24
- 16) Philippians 2:1-5
- 17) Romans 12:1-2
- 18) Psalm 94:11
- 19) Proverbs 12:5
- 20) Proverbs 15:26
- 21) Proverbs 24:8-10



- 22) Mark 7:21-23
- 23) Isaiah 55:6-9
- 24) Proverbs 4:20-27
- 25) Proverbs 16:3
- 26) Proverbs 22:6
- 27) Romans 7:21-23
- 28) Galatians 5:17
- 29) Romans 7:25
- 30) Romans 8:1-6
- 31) Ezekiel 14:3-4
- 32) Matthew 5:27-28
- 33) 2 Corinthians 7:1
- 34) 2 Corinthians 10:3-6
- 35) Philippians 4:6-9
- 36) Matthew 6:33\
- 37) Colossians 3:1-3, 12-17

Scriptures referenced, not quoted:

- Ephesians 2; 6
- Deuteronomy 6:7
- Psalm 1:2

RK:bo

Transcribed: 4/10/20

Copyright 2020—All rights reserved. Except for brief excerpts for review purposes, no part of this publication may be reproduced or used in any form or by any means without the written permission of the copyright owner. This includes electronic and mechanical photocopying or recording, as well as the use of information storage and retrieval systems.