

Series: Managing Life

Week 1: Managing your thought life

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“Sow a thought, reap an action. Sow an action, reap a habit. Sow a habit and reap a character. Sow a character and reap a destiny.” – Author unknown

Romans 12:1-3

¹ Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² 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.

³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

1. Celebrate the mystery of our mind.

Proverbs 27:19

¹⁹ As water reflects the face,
so one’s life reflects the heart.

“I think, therefore I am.” – Rene Descartes (French philosopher and scientist)

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

Matthew 12:33-37

³³ “Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit. ³⁴ You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of. ³⁵ A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him. ³⁶ But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. ³⁷ For by your words you will be acquitted, and by your words you will be condemned.”

“If you change a behavior, but don't change your heart, then nothing has changed.”

Joshua 1:8

⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

My thoughts are like train tracks; And my actions are like the train

John 14:15-17

¹⁵ “If you love me, keep my commands. ¹⁶ And I will ask the Father, and he will give you another advocate to help you and be with you forever— ¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

2. The enemy will try to capture my mind.

Galatians 5:13-18

¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” ¹⁵ If you bite and devour each other, watch out or you will be destroyed by each other.

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

2 Corinthians 10:3-5

³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Romans 8:1-2

¹ Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

James 1:13-15

¹³ When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Romans 12:2

² 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.

Practical ways to start:

- **Stop feeding on that which is harmful.**

“garbage in, garbage out”

“poop brownies”

Matthew 5:21-22a

²¹ “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ ²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment.

- **Start feeding on what is helpful.**

Philippians 4:8

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- **Win the moment.**

Genesis 4:7

⁷ If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

- **Ask for Help**

Psalm 46:10

¹⁰ He says, “Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”