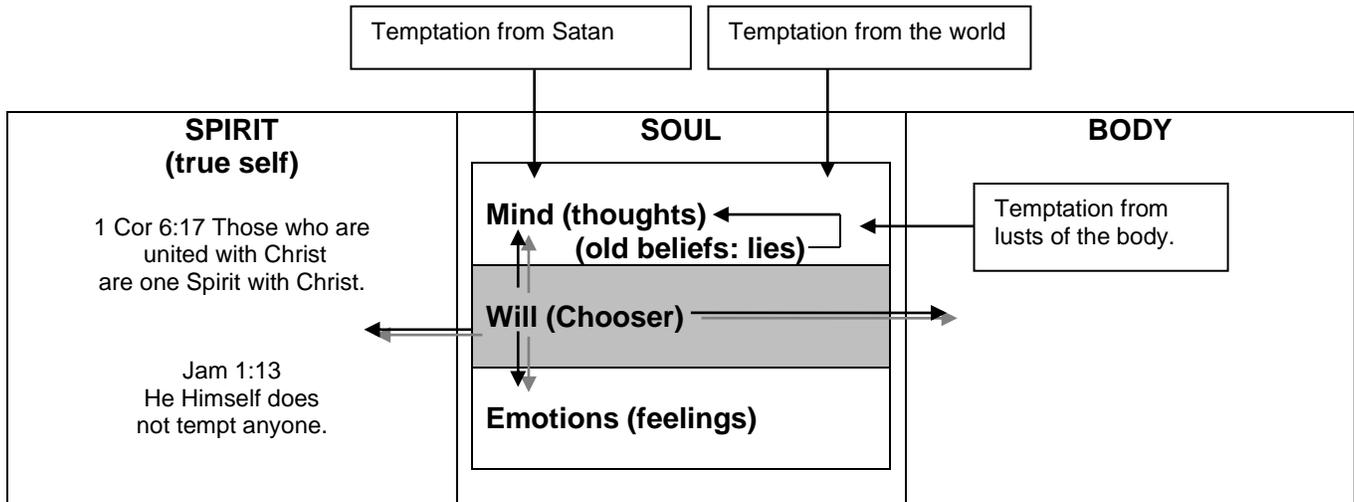


Take Charge of Your Thinking¹

Your thought life has a direct influence on all other functions. Your thoughts cause a reaction in your feeling (emotions), in your body (dis-ease), which influence your choices (will). Whatever you are "setting your mind on" will become your "mindset."

To live a life of victory, you must know how your mind is related to the three-part man.



Thoughts and Temptation

1. All of your thoughts are not your thoughts. Tempting thoughts do not originate with you. Christ, who is your life, does not tempt you. Those thoughts originate from worldly suggestions, our bodily lusts, or from Satan. (Remember your body was not born again. Also, before you were born again, Satan had access to your unregenerate mind and spirit. Now, Christ sealed you in His Spirit. Satan has no access to your spirit, the true self. However, he will still tempt you from the outside.
2. Unless your thoughts are in agreement with God's word, they will not reflect the true you, nor do they originate from your true self. Christ would not say you are "unworthy" because His righteousness is your righteousness. Christ would not say you are "incompetent" because He is your adequacy.
3. Evil thoughts and temptations come from 1) Satan, 2) the world, 3) the lusts of the body, or 4) your old beliefs. Usually, the enemy tempts us with lies that have not been exchanged for the truth.
4. All temptation is always an enticement to return to self-effort to meet your needs. It is the enemy of your soul, saying, "Be your own God."

List any evil thoughts (temptations) that are not your own here.

From God's word, write the truth next to it.

Temptation/ Negative thinking (produces fear)	Truth from God's Word (produces peace)

¹ Adapted from Victor M. Matthews

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Thoughts are not Authoritative

1. Simply having a thought does not mean it indicates who you are. Accepting evil thoughts as truth can result in sin.
2. The presence of a thought in your mind does not mean that you must obey it. Your will has four choices of whom to line up with and obey: 1) your thoughts, your old beliefs, 2) your emotions, 3) your bodily desires and lusts, or 4) the Spirit.
3. Whichever area you present your minds to (think on), will be the one that controls you².
4. The presence of a thought does not mean it has come to pass or will come to pass. You do not create reality in your thought life.
5. The presence of an evil thought (temptation) does not make you sinful or guilty. Jesus was tempted at all points (even in His mind), yet He was without sin. Experiencing temptation is not sin.
6. Satan tempted both Adam and Christ³. His temptation to them is the same as it is to you: "Be your own God. Meet your needs in your strength."

Reject Wrong Thoughts

1. When a thought is not in harmony with the Bible, then you have not organized that thought. It has come from 1) Satan, 2) the world, 3) the lusts of the body, or 4) the old belief system.
2. If you blame yourself for evil thoughts, then you give that thought ownership and control. That will immediately produce guilt, shame, and more evil desires. If you receive the thought as your thought (thinking on it) instead of rejecting it, you become enslaved to that sin an attempt to meet that evil desire.
3. Reject evil thoughts: In the Name of my Lord Jesus Christ, I reject and renounce⁴ _____ thought(s). I subject all of my thinking to the Lord Jesus Christ, who is my life. I choose to believe the truth _____ as revealed in Scriptures. Amen
4. If you are not sure if a thought is yours or not, ask yourself if Jesus would say that to you or of you. If Jesus would not say it, neither did your true self. Also, you can evaluate the effect it has on you. Does it bring peace or fear? Does it edify or upset? If the effect is disturbing, then it is not from God or of God.

Correct Wrong Thoughts

2 Corinthians 10:5 We are destroying speculations, and every lofty thing raised against the knowledge of God, and we are taking every thought captive to the obedience of Christ.

1. If any thought is not in harmony with what God says about you, it is a thought that has 'raised itself up against' God and His truth. Take that thought captive (don't think on it) and instead make it obedient (think on) the truth.

Philippians 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

² Romans 6:13, 16, Romans 8:5-6, Proverbs 23:7

³ Genesis 3:1-6, Luke 4:1-13

⁴ "refuse to think on or agree with"