

**Grace Church Wed. Sermon**  
**04/11/07**  
**Thoughts, thoughts, and more thoughts**

**I. Introduction**

A. Text: **Philippians 4:10-13**

**II. The secret**

- A. Paul learned a secret on how to stay joyful and at peace no matter what circumstance he found himself in
- B. Paul had up and down experiences- verse 12- down up up down up down up down
- C. Paul said he had learned the secret on how to stay peaceful at all times but this was not a secret to the Philippians- They had heard it, had learned it, had received it, and had seen it working in Paul's life. Vs. 9
- D. The secret was found in verses 6-8
  - 1. Stop allowing yourself to be agitated and filled with anxiety
  - 2. Pray about everything in faith and thanksgiving
  - 3. Control your thought life- exchange wrong thoughts with good ones
  - 4. Paul learned how to enjoy peace sandwiches- what sandwiched the peace of God was Paul's thought life. He learned the importance of the mind and of thoughts.
  - 5. Tonight I want to talk to you about this subject of our thought life. It is so vitally important because our mind is the battle ground of our life and our heart is what is being fought over.
- E. Paul learned the importance of our thought life.
- F. What does Paul teach us about thoughts? **Romans 8:5-6**
  - 1. Thoughts like words are containers- They contain death or life and peace- as we meditate the Word the spiritual forces in those spiritual thoughts are released into our hearts- Words take spiritual forces into our hearts and words releases

them out into the world.

2. Walking in the Spirit is tied to our thoughts being filled with the Word of God- **Romans 8:4-5**
  3. We are transformed by the Spirit of God- **2 Cor. 3:18**
  4. We are transformed by the renewing of our minds by the Word of God. **Romans 12:2**
  5. Our mind and thoughts are the doorway to the heart where our desires and emotions reside.
  6. Emotions and desires are directly linked to thoughts- Thoughts are like emails and emotions are like attachments
  7. Sin is emotional and emotions are directly tied to Thoughts. Emotions were created to motivate us.
    - a. **James 1:14-15**- sin is conceived in our emotions. Wrong thoughts will gender wrong desires that lead to wrong actions. The word lust means strong emotion, passion, or desire- This could mean anger, bitterness, anxiety, depression, jealousy, covetousness or sexual lust
    - b. **1 Peter 1:13-14- Gird up the loins of your mind, and you will be able to be free from wrong desires**
  8. Controlling our thought life will help us against conceiving wrong desires that give birth to sin.
    - a. **Romans 13:14- Do not give forethought to the flesh**
    - b. story about Johnny and fishing pole
  9. Thoughts become mindsets that become strongholds- Thoughts are bricks, mindsets are the walls, strongholds are the fortresses.
- G. Many struggle with behaviors and emotions, but never deal with their thought life that gives them power. This is so easy it takes the devil to help us mess it up.
- H. Jesus died for us and overcame the devil to free us and this includes freeing you to be able to think on what you decide. Jesus told us not to let our heart become troubled. We do this by what we think on.

- I. You cannot go anywhere that you have not gone in your mind to begin with. Thoughts are advance scouts!
- J. Brother Hagin's sister died and he wondered why the prayer of faith did not work. Jesus appeared to him and told him that he was to never touch that issue in his thought life again. There are some here that have areas in your thought life that God is asking you to not touch again in your thought life.
- K. How can we practically change our thinking?
  - a. The first step is acknowledging the Lordship of Jesus in your life
    - 1. Isaiah 55:6-8
  - b. We must exchange our wrong thoughts with right ones- trying to not think something is impossible. To replace a thought with another is possible. Philippians 4:8- Principle of exchange
  - c. We must watch what we allow ourselves to see and hear. These affect our thoughts.

### **III. Closing**

- A. Keys to peace in the midst of any situation is to stop thinking on wrong thoughts, pray in faith, and then replace wrong thoughts with good thoughts
- B. You need to make sure Christ is in His rightful place
- C. You must replace wrong thoughts with good thoughts
- D. Pray for those who need to make a commitment