

Taking Control of Every Thought

Selected Scriptures

I. The Typical Sources of our Thoughts

- A. Our Basic Nature (Rom. 8:5)
- B. God (Neh. 2:12; Ps. 119:97)
- C. Satan (Jn. 13:2; Acts 5:3)
- D. The Flesh (Eph. 2:3; Mt. 5:21-22, 27-28; Eph. 4:25-32)
- E. The World (Eph. 2:2; 2 Cor. 4:4; 10:5)
- F. The People Around Us (1 Kings 21:25; Acts 14:2; 2 Pet. 3:1)
- G. Our Habits of Thinking (2 Kings 5:11, 20)
- H. Our Emotions (Gen. 20:11; 1 Sam. 18:11; 1 Kings 19:4)
- I. External Circumstances (Dan. 4:29-30; Mk. 4:37-38)

Taking Control of Every Thought

Selected Scriptures

II. The Biblical Commands regarding our Thoughts

A. Control Every Thought (2 Cor. 10:5; Gal. 5:23; Eph. 4:23; Phil. 4:8; Col. 3:2).

B. Cultivate Godly, Biblical Thoughts (Josh. 1:8; Ps. 1:2; Ps. 119:15, 23, 48, 78, 97, 99, 148; Rom. 12:2; Col. 3:16).

Taking Control of Every Thought

Selected Scriptures

III. Some Crucial Implications about our Thoughts

- A. Our mind is not in control of our thoughts, we are.
- B. We can and must control our thoughts.
- C. "Stop listening to yourself and start talking to yourself."
- D. Digital devices provide countless options to direct our thoughts and must be used with self-control.
- E. Commit to biblical meditation as a consistent discipline.

Taking Control of Every Thought

Selected Scriptures

IV. Some Practical Habits for our Thoughts

- A. Remind yourself often you're choosing what to think about.
- B. Force your mind to focus for a block of time.
- C. Limit potential distractions.
- D. Don't google everything that comes to your mind.
- E. Schedule small blocks of time to do time-wasting tasks.
- F. Keep a save-up list of ideas or tasks that pop into your head.
- G. Write to stay focused.
- H. Choose a daily or weekly verse or passage to meditate on.
- I. Preach the truth of Scripture to yourself.