

Introduction: “We are what we eat...”

- It's true physically.
- It's true psychologically.
- It's true spiritually.

Wrong Thinking ⇒ Negative Emotions ⇒ Unwise Behavior ⇒ Devastating Consequences

(or)

Right Thinking ⇒ Positive Emotions ⇒ Wise Behavior ⇒ Fruitful Consequences

Practice: Think GREAT Thoughts!

I. Since we are a product of our thought life, God commands us to “Think _____ thoughts.”

⁸Finally, 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. ⁹The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Philippians 4:8-9 (NASB)

- **The Command** is to _____ on these things.
- **Logizomai** – to consider, think on, reckon, to deduce, to reason, calculate, and ponder; to deliberate upon through protracted analysis and thought.

“It is not an unemotional or philosophical thought, but the very process of reasoning and deduction that separates good from evil.”

Colin Brown, Dictionary of New Testament

- **The amazing story of George Dzundra** –

II. Seven great thoughts to think about...write each on a 3x5 card.

1. God

Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable His judgments, and His paths beyond tracing out!

Romans 11:33 (NIV)

2. Yourself

The LORD your God is with you, [He is mighty to save]. He will take great delight in you, [He will quiet you with His love], He will rejoice over you with singing.

Zephaniah 3:17 (NIV)

3. Others

But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart."

1 Samuel 16:7 (NIV)

4. Life

²³Then He said to them all: "[If anyone would come after Me], he must deny himself and take up his cross daily and follow Me. ²⁴For whoever wants to save his life will lose it, but whoever loses his life for Me will save it. ²⁵What good is it for a man to gain the whole world, and yet lose or forfeit his very self?"

Luke 9:23-25 (NIV)

5. The Future

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11 (NIV)

6. The Past

¹³Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 3:13-14 (NIV)

7. Challenges

²Consider it all joy, my brethren, when you encounter various trials, ³knowing that the testing of your faith produces endurance. ⁴And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

James 1:2-4 (NASB)

Ways to think great thoughts:

1. Memorize and meditate on the 3x5 cards you make from the above scriptures.
2. Use drive time.
3. Listen to great music.
4. Take walks in nature.
5. Personalize truth of promises and Scripture to address your own personal areas of growth (3x5 cards).