

# INSIDE OUT

## Part 1: Thought Control

### OUR DESIRE FOR CONTROL

- A. Things we try to control but can't
  - 1. People
  - 2. Environment - limited due to too many variables
- B. Things we can control
  - 1. Ourselves and our approach/response to life
  - 2. To control ourselves we'll have to control our thoughts
- C. God did not leave us helpless **(Romans 12:2 NLT)**
  - 1. We can be constantly engaged in the process of changing how we think

### PROBLEMS IN A PALACE (Daniel 6:13-18 NKJ)

- A. Troubled by a bad decision
  - 1. The kingdom's leaders had an agenda to get rid of Daniel
  - 2. The king was upset with himself because of his decision
- C. King Darius believed the very worst about the situation for Daniel
  - 1. Said the right things but did not believe the right things
  - 2. Because he believed the worst - he could not sleep or eat
  - 3. Darius was acting on what he thought was happening - but actually was very different
- C. Two very different realities **(Daniel 6:19-23 NKJ)**
  - 1. The king had no belief in God - and was greatly troubled
  - 2. Daniel believed God and was greatly protected - and gracious to the king
  - 3. Daniel knew he had done right by God and by the king

### HOW DO I GET CONTROL OF THESE THOUGHTS

- A. Two areas where our thoughts go dark
  - 1. When other people have done us wrong
  - 2. When we have messed up ourselves **(Matthew 6:12 NKJV)**
- B. Fight back against worry **(Philippians 4:6-7 NLT)**
  - 1. Talk with God about it - we have an advantage King Darius did not have
- C. Fight back against negative thoughts **(Philippians 4:8 NLT)**
  - 1. We have the right to choose our thoughts
  - 2. God's word is always a safe path for your thoughts
- D. Believe God and His promises to you
  - 1. Daniel believed God and was protected from dangerous lions
  - 2. We believe God and are protected from dangerous thoughts