

CHANGE AND CONTROL

Part 3: Controlling Our Minds, The Process

MIND CONTROL CAN BE A VERY GOOD THING

A. A beneficial life-long process (*Romans 8:6 NKJ*)

1. Thoughts are not harmless - they produce

B. God never wanted His people troubled and tormented (*Deuteronomy 28:65-67 NKJ*)

1. People who had turned away from God became susceptible to these problems
2. We have a covenant with God through Jesus (*Galatians 3:13-14 NKJ*)

C. Freedom from mental oppression has been purchased for us

1. We have to enforce that freedom (*Ephesians 6:10-11 NKJ*)
2. Some of the greatest conflict is the mental pressure we endure (*John 14:27 NKJ*)
3. We have to embrace the spiritual truth that we are not the ones dominated by outside forces or influences (*1 John 5:4 NKJ*)

LEARNING TO CONTROL THE MIND/ THOUGHTS

A. More than just a mechanical process - a heart for God's wisdom (*Proverbs 2:1-6 NLT*)

1. We want to know more about God
2. We value His word and His wisdom

B. Filtering the thoughts, feelings and impressions (*Ephesians 5:14a NLT*)

1. We have to be able to recognize which ones are wrong
2. God's truth is the best filter in sifting out wrong thoughts and impressions (*Psalms 119:130 NKJ*) (*John 17:17 NKJ*)