

CHANGE AND CONTROL

Part 2: Mind Control Without Weirdness

AREAS TO EXERCISE CONTROL *(Psalm 34:1-3 NKJ)*

A. Praising God

1. I choose what is continually in my mouth

B. What I boast about

2. Giving the Lord the proper credit

C. What I magnify in my life

1. Magnifying the negatives will not relieve the pressure *(Matthew 6:22-23 NKJ)*
2. The process of magnification *(Joshua 1:8 NKJ)*
3. Magnifying the Lord *(Psalm 118:28 NKJ)*

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

LEARNING TO CONTROL THE MIND/THOUGHTS

A. Filtering the thoughts, feelings and impressions

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