

# When God Gets Personal with my Thoughts

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April 26, 2009

## Announcements

### **Servant Leadership Summit is coming Monday, May 4**

Many of you serve here at Westwood... in Area 51, in preschool, as ushers & greeters. We have a new event for you on May 4. We'll meet to train, encourage, motivate. You can register at [WestwoodGroups.com](http://WestwoodGroups.com) by clicking on "Summit". Join us to discover your role in the big picture of what God is trying to accomplish in and through Westwood.

## Sermon Overview

### Life-changing Lessons

1. God wants our thoughts as well as our actions to honor Him.
2. Most things we say or do are born from our thoughts.
3. God can enable us to have solid, pure thoughts.
4. God is able to forgive impure thoughts and give me a new mind.

## Scripture

### **Psalm 19:14**

May the words of my mouth and the meditation of my heart  
be pleasing in your sight, O LORD, my Rock and my Redeemer.

### **Hebrews 4:12-13**

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

## Opening Question

Discuss whether this statement is true or false. If we could totally control our mind, we could totally control our behavior. Why or why not?

## Digging for Truth

1. Lesson Number One says, “**God wants our thoughts as well as our actions to honor Him.**”

Is it a sin to entertain thoughts of doing wrong? How do we know?

Philippians 4:8

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

2. Lesson Number Two says, “**Most things we say or do are born from our thoughts.**”

Temptation may come suddenly, but sin never does. It is a process. With the help of God, we can control the process. The problem is when we linger and when we allow our eyes and thought to dwell on wrong, rather than working to dismiss the thought.

What are some things we can do to gain control of our thoughts?

Good quote: Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.”

3. One of the biggest battles is our will or our desire to live obediently to Christ. How can we increase our desire to live a godly life?

One idea is to spend time in God’s word. Hebrews 4:12-13 says, “For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.”

Spending time in Scripture allows us to have the Holy Spirit and Scripture measure our thoughts.

4. Les said that “Tomorrow’s character is made out of today’s thoughts.” If this is true, what are we becoming? What can we do to make sure we develop a godly character?
5. Psalm 19:14 says, “May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.”

On a scale of one to 10, how much do you desire to be pleasing to God in all you do?

6. Les said, “Every decision that you and I make are leading to an outcome.” What are some small decisions you’ve made in the past that seemed small, but were really life-changing?
7. Lesson Three says, “**God can enable us to have solid, pure thoughts.**” Here are some ideas for success. I’ll read through these. Which one do you think would be the most important for you to have victory over your thought life?

## Strategies for Having Victory over Impure Thoughts

A – Avoid Temptation

N – Say “No” to unhealthy thoughts in the first five seconds.

T – Turn your mind forcefully toward Christ.

H – Hold the promise of Christ in your mind until the other images are pushed out.

E – Enjoy the superior satisfaction of following Christ

M – Move away from idleness and other activities to lead us toward temptation.

8. Martin Luther said, “You can’t stop a bird from flying over your head, but you can keep him from building a nest in your hat.” Talk about this truth a minute. Can you think of a thought that leads you to sin that you need to get rid of quickly? (You don’t have an answer out loud.)
9. It’s easier to avoid temptation than to resist temptation. Do you agree with this? Why or why not?
10. Read 2 Tim. 2:22 and Romans 13:14, discussing each one after you read it.
11. Lesson #4 says, “**God is able to forgive impure thoughts and give me a new mind.**” What are we to do if we’ve failed in this area? Read 1 John 1:9.

### Closing Thought

What are you planning to do this week as a result of this study?