

Topic: Handling Your Thoughts 1

Text: Proverbs 23:7; Prov 4:23; Luke 6:45

Aim: To look at the origin of 'thought' and its effect on our lives and God's provision in handling them.

Introduction: Thoughts are integral part of every human being. No one lives without thinking and as such, every action of a person is a result of his or her thoughts including his/her outlook and behaviour. When God made man in His own image, man had only pure and good thoughts but when man fell into sin, his thoughts and imaginations became evil and corrupted (Gen 6:5). However, a time came when God promised to give man a new heart and a new spirit (Ezekiel 36:26). In this study, we shall be looking at the origin of thoughts and imaginations, their effects on our lives and God's provision in handling them properly in order to set us on course to accomplish God's purpose for our live to His Glory.

Discussion Questions:

- 1) Where do thoughts originate from and which of our senses trigger them? Matt 15:19, Gen 3:6-7 (it is triggered by all our senses)
- 2) From the following passages, identify and discuss:
 - i) sinful thoughts - Mk 7:21-23, Matt 5:27-28, Gal 5:19,
 - ii) Wrong thoughts - Num 13:31-33; Rm 12:3; Luke 12:16 – 21. (inferior, pompous/superior, at advantage)
 - iii) Worrying thoughts: Matt. 6:25-33.
- 3) What is the way out of these? Ps 42:11; 2 Cor 10:5; Phil 4:6 – 8; 1 Pet 5:7; Prov 4:23; 1 Cor 10:12

Conclusion: Take heed to yourselves, lest your heart be weighed down with carousing, drunkenness, and that day comes on you unexpectedly. May you receive help and grace from the Spirit of the Lord today to have victory over your thoughts in Jesus name.

Memory Verse: Prov 4:23, Keep your heart with all diligence, for out of it spring the issues of life (NKJV).