

**THINK ON THESE THINGS**

SOMETHING  
**MORE**

experience a growth centered life



# Thinking about thinking. . .

- ▶ How many thoughts do you think in a day?

60,000

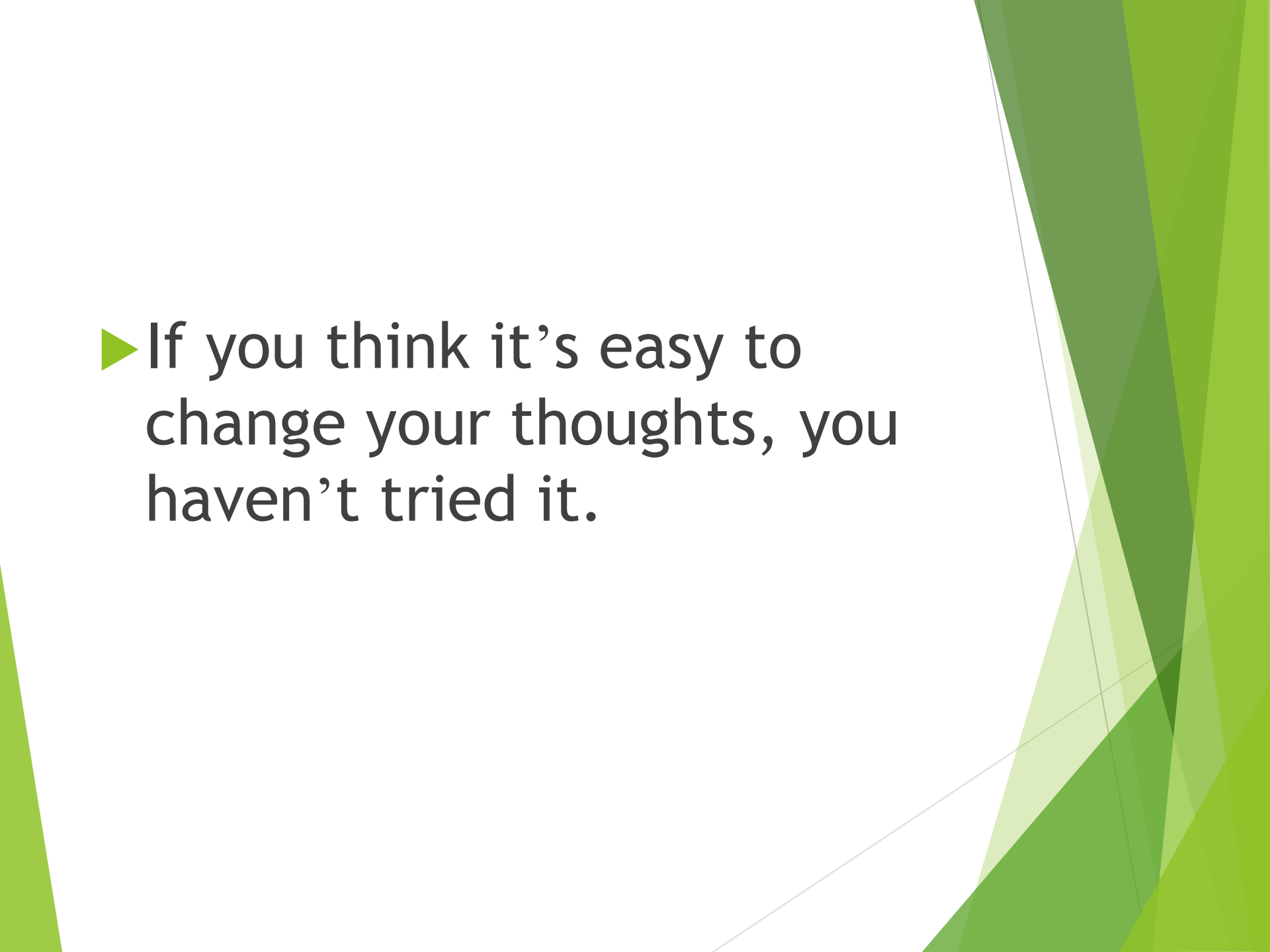
Not including the work of the **autonomic nervous system**

- ▶ **Percentage that are repetitive**

**95%**

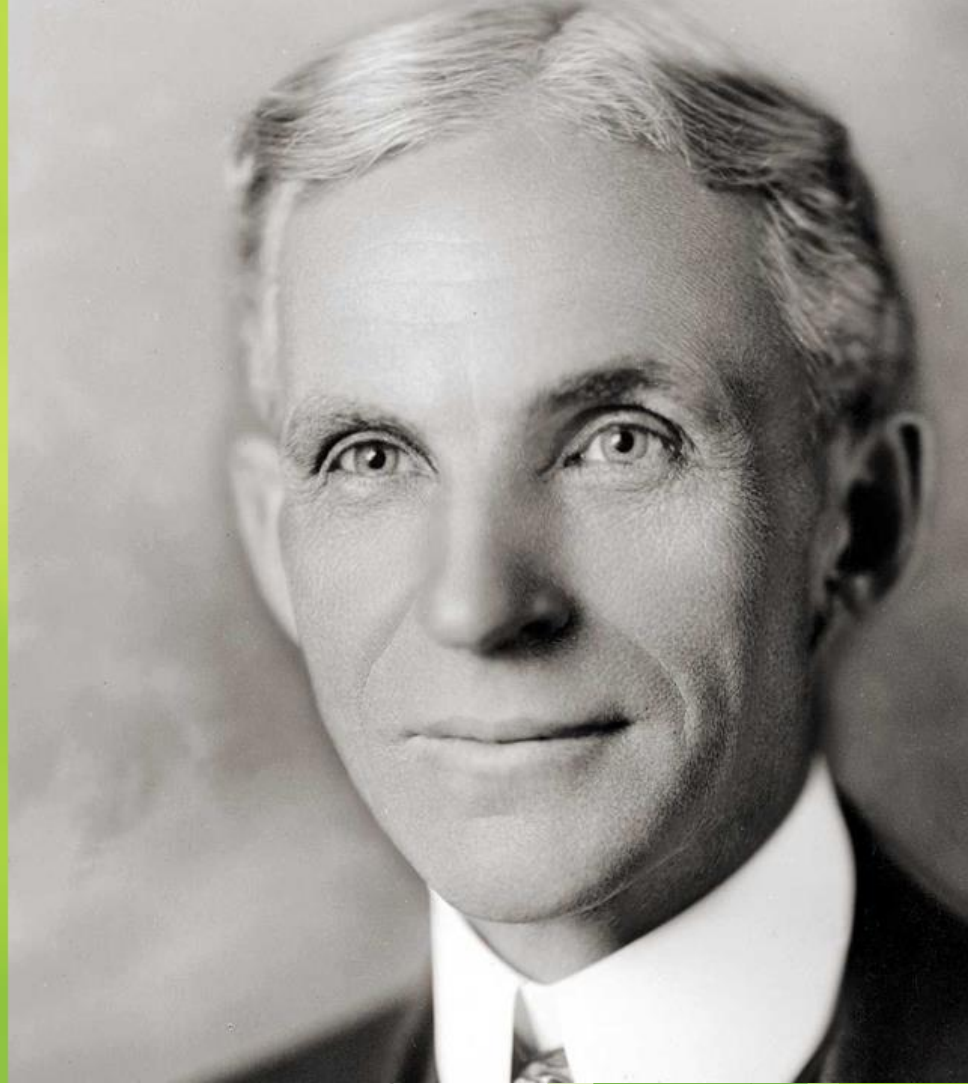
# Thinking about thinking. . .

- ▶ **Percentage that are negative**  
**80%**

- 
- ▶ If you think it's easy to change your thoughts, you haven't tried it.

**“Thinking is the  
hardest work there is,  
which is the probable  
reason why so few  
engage in it.”**

*Henry Ford*



## A biblical perspective

<sup>17</sup> So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. <sup>18</sup> They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. <sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

## A biblical perspective

<sup>20</sup> You, however, did not come to know Christ that way. <sup>21</sup> Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:17-24



**“Our life always  
expresses the  
result of our  
dominant  
thoughts.”**

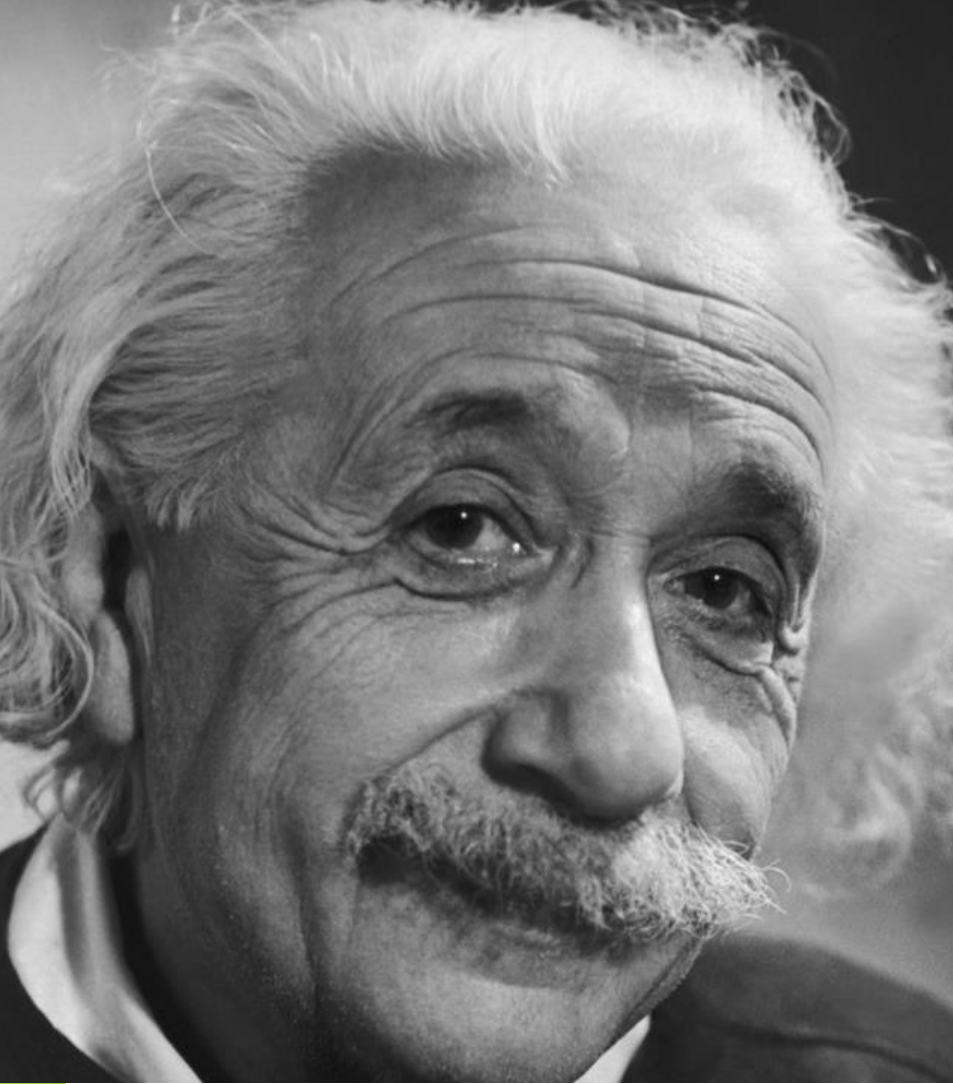
*Søren Kierkegaard*



# A sad reality

Since the fall our minds demonstrate a negative bias.

“Our minds are like Velcro for negative experiences and Teflon for positive experiences.”



**“The world we have created is a product of our thinking; it cannot be changed without changing our thinking.”**

*Albert Einstein*

# 1. Maintain future orientation.

<sup>13</sup> Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.

<sup>14</sup> As obedient children, do not conform to the evil desires you had when you lived in ignorance. <sup>15</sup> But just as he who called you is holy, so be holy in all you do;

1 Peter 1:13–15

We must pay more careful attention, therefore, to what we have heard, so that we do not drift away. <sup>2</sup> For if the message spoken by angels was binding, and every violation and disobedience received its just punishment, <sup>3</sup> how shall we escape if we ignore such a great salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him. <sup>4</sup> God also testified to it by signs, wonders and various miracles, and gifts of the Holy Spirit distributed according to his will.

Hebrews 2:1–4



Always be mindful of what  
you're allowing to dominate  
your thinking.

## 2. Be aware of temptations that confront us in the present.

### ▶ Lust

<sup>28</sup> But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Matthew 5:28

### ▶ Envy

<sup>2</sup> But as for me, my feet had almost slipped; I had nearly lost my foothold.

<sup>3</sup> For I envied the arrogant when I saw the prosperity of the wicked.

Ps 73:2–3

## 2. Be aware of temptations that confront us in the present.

### ► Fear

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4





### 3. Make a “to-think” list.

<sup>8</sup> 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. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:4-9

Your life always expresses the  
result of your dominant  
thoughts.

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect. The text is positioned on the left side of the image, set against a plain white background.

Change your thoughts, and you'll  
change the way you experience  
the world...because when you  
change your thoughts, you turn  
your life right side up.

## To Go . . .

- ▶ Do you agree with the statement, “Our minds are like Velcro for negative experiences and Teflon for positive experiences?”
- ▶ What impact does this have on the quality of your life?
- ▶ What specific steps can you take to bring your pattern of thinking into line with the truths that are revealed in scripture?