

"GET A GRIP ON YOUR THOUGHTS: MANAGING YOUR MIND BEFORE IT MANAGES YOU"

Getting a Grip on Life

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."

Romans 12:2 (NIV)

The Power of Your Thought Life

"As a man thinks in his heart, so is he." Proverbs 23:7

- I. Your Life Moves in the Direction of Your Dominant Thoughts.
- II. Thoughts Become Beliefs - Beliefs Become Behavior.
- III. Your Thoughts Can Be a Prison or a Pathway.
- IV. A Healthy Thought Life Leads to a Healthy Spiritual Life.

Application: Ask: What has been dominating your thinking lately? Fear, insecurity, shame? Or is it peace, purpose, and hope?

- ✳ What you let live in your mind will eventually live in your life.

HOW TO MANAGE MY MIND

1. IDENTIFY THE LIES YOU BELIEVE.

"Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ."
Colossians 2:8 (NLT)

Jesus says that Satan is *"the father of lies."* John 8:44

Lies we've bought in to...

- "I am not good enough."
- "God doesn't care."

- "This will never get better."
- "I will always be stuck."

Application: What lie are **you** living under?
Ask God to expose it. Name it. Bring it into the light.

- ✳ You can't fight what you don't first identify.

2. TAKE EVERY THOUGHT CAPTIVE.

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." 2 Corinthians 10:5 (NIV)

Application: Next time a thought enters your mind, ask:

- Is this from God or the enemy?
- Is this truth or a lie?
- Does this help or hurt my walk with Christ?

3. REPLACE THE LIES WITH GOD'S TRUTH.

"Whatever is true, whatever is noble, whatever is right... think about such things." Philippians 4:8 (NIV)

Application: Write down the lie you've been believing. Then, find a verse that confronts it. Post it somewhere visible. Say it daily until it rewires your thinking.

Lie

"I am alone."

"I will never change."

"I am worthless."

Truth

Hebrews 13:5 – *"I will never leave you."*

Philippians 1:6 – *"He who began a good work in you will finish it."*

Psalms 139 – *"I am fearfully and wonderfully made."*

4. SET YOUR MIND DAILY.

"Set your minds on things above, not on earthly things."
Colossians 3:2 (NIV)

Application: Morning declarations: “God is with me. Today is a gift. I have the mind of Christ.”

- Protect what you consume: Garbage in, garbage out.
- Get around people who speak life.

I’d love to hear your stories & feedbacks: phoebegdial@gmail.com