



Message Five – A Better Thought Life

Announcements

- **201 Dream Team Orientation** – This month’s orientation is held **Sunday, February 16th** at 5:00 pm due to the Dream Team Appreciation Party| DT Orientation for LCC is in the Globe345. Come discover how you can serve God by serving here at the church. Register at www.churchoftheking.com/register
- **Men’s Night Rescheduled** – February 19, 2014, at 7:00 pm at the Little Creek Campus. Pastor Steve will encourage and challenge men through a powerful message about finding their role in reaching the community.

Warm-up

We have over 30,000 thoughts a day. What are some songs or advertising jingles that have been stuck in your thoughts? Some of the most recognizable jingles from the past and present include:

- Oscar Meyer – Oh, I wish I were an Oscar Meyer wiener
- McDonald’s – I’m lovin’ it!
- Toys ‘R’ Us – I don’t want to grow up, I’m a Toy’s ‘R’ kid
- Alka Seltzer – Plop, Plop, Fizz, Fizz
- Kit Kat – Give me a break

Today, we’ll be examining our thought behavior and how God can help us change some of the bad responses that are pre-programmed into our lives.

Word and Application

Read Romans 12:2. According to this verse, where does God’s transformation process begin?

Our thoughts drive our life. In Romans 12:2, the Apostle Paul is saying we don’t have to let our circumstances drive our thinking. If we change our thinking, we can change our life because our thoughts are the origin of our emotions, choices, habits, character and eventually our destiny.

Thoughts → Emotions → Choices → Habits → Character → Destiny

Since our thoughts determine our destiny it is vital we address toxic thinking in our lives. Here are some typical ways in which people allow toxic thinking to invade their lives.

Victims - Believe the world is after them and say, *“I wouldn’t be in this mess if weren’t for my mother/father or someone else.”*

Amplifiers – Magnify unpleasant situations with constant use of extreme words like “always, never, no one,” and “every time.”

Feelers – Accept negative feelings as true without questioning them. “They said that about me, so it must be true.”

Exaggerators – Transform *molehills into mountains* with trigger words like “horrible, worst, ruined, shocked, devastated, stunned,” and “outraged.”

Which of these unhealthy emotional responses are the most challenging for you to overcome?

The good news is we can replace these negative emotional habits with accurate, healthy and Biblical ones. Here are four ways we can do this:

1. **Take our thoughts, attitudes, and responses captive.**

Read 2 Corinthians 10:3-5. According to this passage, what daunting task do we face?

We are in a battle against strongholds, which are negative emotional responses like mental prisons. These strongholds result from believing lies about one’s self, the world, or God.

How have can strongholds imprison our thinking? How can we pro-actively attack them with the truth?

2. **Be anxious for nothing.**

Read Philippians 4:6-7. Which issues cause the most anxiety in your life?

The good news is that we can learn to relax in the midst of our stressful situations. How can turning to God help us to stop being anxious?

When we release our irritations, frustrations and nervousness to God we stop letting our thoughts ruin us.

Read Psalm 46:10. What aspects of God can we focus on to help us be still in the midst of these frustrations?

3. **Walk with the wise.**

Read Proverbs 13:20. How can the right friends help transform our lives?

A mentor, small group leader, or godly friend can speak God’s perspective into our lives and help us see the accuracy of our thinking.

4. **Meditate of the true and pure.**

Read Philippians 4:8-9. We can choose to see the world through God’s eyes and according to his standards. What specific actions can we take to help us make these choices?

Daily Bible reading helps us to affirm the Word of God as our source for life and our standard. Memorizing and meditating on the Word helps to engrain it into who we are.

Prayer

Pray for God’s word to transform our negative thoughts and pray God would help us develop close friends to aid in this process. Also, take time to ask for specific prayer requests from those in your small group.