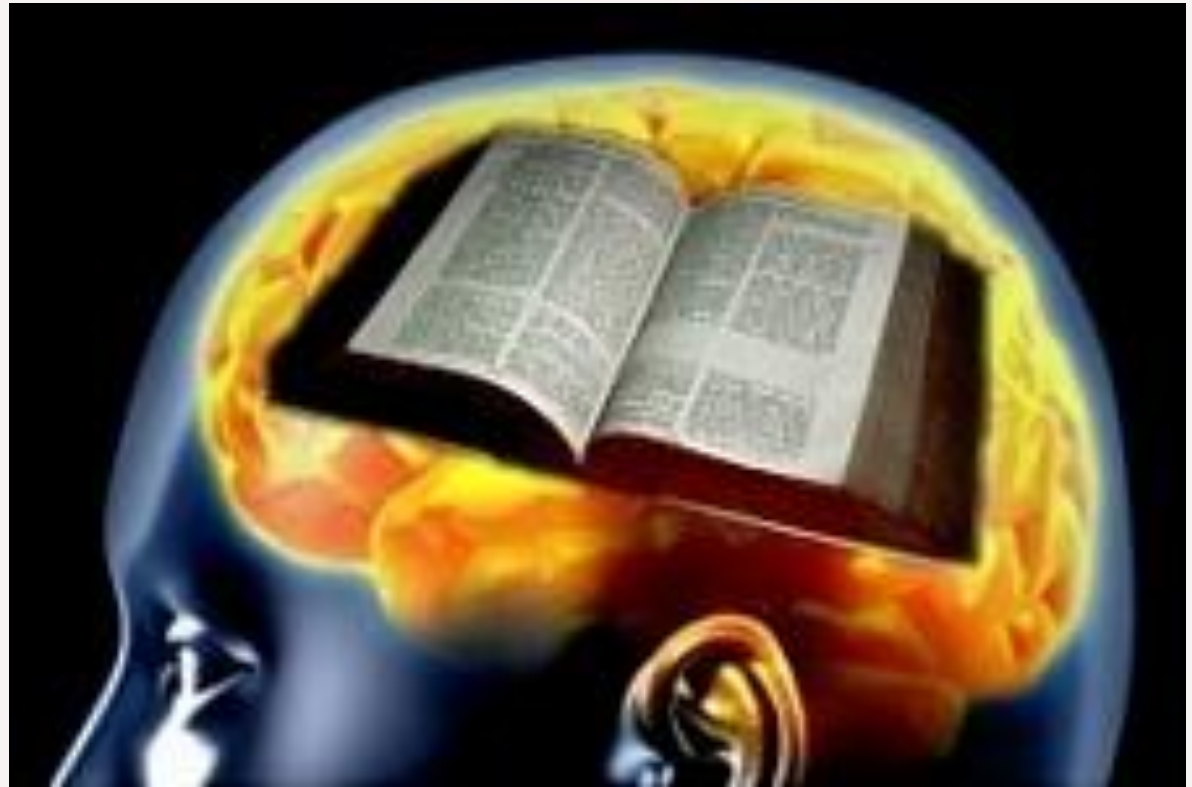


Spiritual Thinking – Part 1

Philippians 4: 6 – 7

Solid Rock Church

Pastor Elliott Anderson



2 Lies About Our Thinking

1. We Can't Control It

Colossians 3: 2, Set your minds on the things above

2. It Doesn't Change Us

Romans 12: 2, Be transformed by the renewing of your mind.

Discerning Our Thoughts

Psalm 139: 1 – 2, O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar.

Lamentations 3: 40, Let us test and examine our ways, and return to the Lord!

What is Spiritual Thinking?

“A mind governed by the Holy Spirit that yields life and peace.” **Pastor Clint Byars**

Romans 8: 5, For those who are according to the flesh **set their minds** on the things of the flesh, but those who are according to the Spirit, **set their minds** on **the things of the Spirit**.

What are the Things of the Spirit?

But the fruit of the spirit is...

GOODNESS

Peace

Love

Faithfulness

Joy

GENTLENESS

Kindness

Self-Control

PATIENCE



Where the spirit of the Lord is there is freedom!

GALATIANS 5:22

Other Things of the Spirit

Romans 15: 13, May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Isaiah 11: 2, The Spirit of the LORD will rest on him—the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD

Spiritual Thinking Warfare

2nd Corinthians 10: 4 – 5, For the weapons of warfare are not of flesh but have divine power to destroy strongholds ...and take every thought captive to obey Christ.

Galatians 5: 17, For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

Our Thought Life War

70,000 thoughts / day	80% negative	4 to 1 ratio
4,375 thoughts / hour	90% repetitive	
72 thoughts /minute	100% destructive	

Need at least 3 to 1 ratio positive / negative

Fear, Anxiety, and Worry

Fear: emotional response from the perceived threat or issue.

(We'll be afraid, but Bible teaches not to live in fear)

Anxiety: the physiological response to that fear

(The Bible commands us not to have anxiety)

Worry: ruminating thoughts about the fear / anxiety.

(Worry is a sin in the Bible)

Prefrontal
Cortex
(PFC)

Neurological Result of Anxiety

Orbitofrontal
Cortex

Amygdala

Brainstem

Side View



Thalamus

Paul's Anxious Free Command

Philippians 4: 6, Do not be anxious for anything,
but in everything by prayer and supplication, with
thanksgiving let your requests be made known to
God.

Anxious Free Command from Jesus

Matthew 6:34, Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Peter's Anxious Casting and Spiritual Warfare Warning

1st Peter 5:7, Cast all your anxiety on God because He cares for you.

1st Peter 5: 8, Be sober-minded; be watchful. Your adversary the devil, prowls around like a roaring lion, seeking someone to devour!

American Psychological Association (APA) Anxiety Definition

An emotion characterized by apprehension and somatic symptoms of tension in which an individual anticipates impending danger, catastrophe, or misfortune.

Anxiety as an Emotion

Fear / Apprehension: a sense of uneasiness

Physiological Reactions: Sympathetic Nervous System
(increased heart rate, sweating, headaches, fight or flight)

Cognitive Distortions: negative assumptions, false beliefs, and catastrophic perspective – doom / gloom

Gas Pedal

Brakes

NERVOUS SYSTEMS

Sympathetic Nervous System

*prepares the body for
intense physical
activity*

fight or flight

Parasympathetic Nervous System

*relaxes the body and
inhibits or slows many
high energy functions*

rest and digest

Anxiety based in Anger also

Anger: "A conduit that intensifies anxiety, especially when internalized." Psychology Today
(people pleasing, kind, polite, overly self-critical, perfectionism)

Ephesians 4: 26, Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil.

Paul's Counter to Anxiousness

Philippians 4: 6, Do not be anxious for anything,
but in everything by prayer and supplication, with
thanksgiving let your requests be made known to
God.

Prayer vs Anxiety

Psalm 34: 4, I sought the Lord, and He answered me and delivered me from all my fears.

Psalm 34: 17, 18, When the righteous cry out for help, the Lord hears and delivers them out of all their troubles. The Lord is near the brokenhearted and saves the crushed in spirit.

What A Friend We Have in Jesus

What a Friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry

Everything to God in prayer!

O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry

Everything to God in prayer!

Focus on Jesus

- Not the anxiety
- Not the storm
- Not the pain
- Not the struggle
- Not the enemy
- Not the world

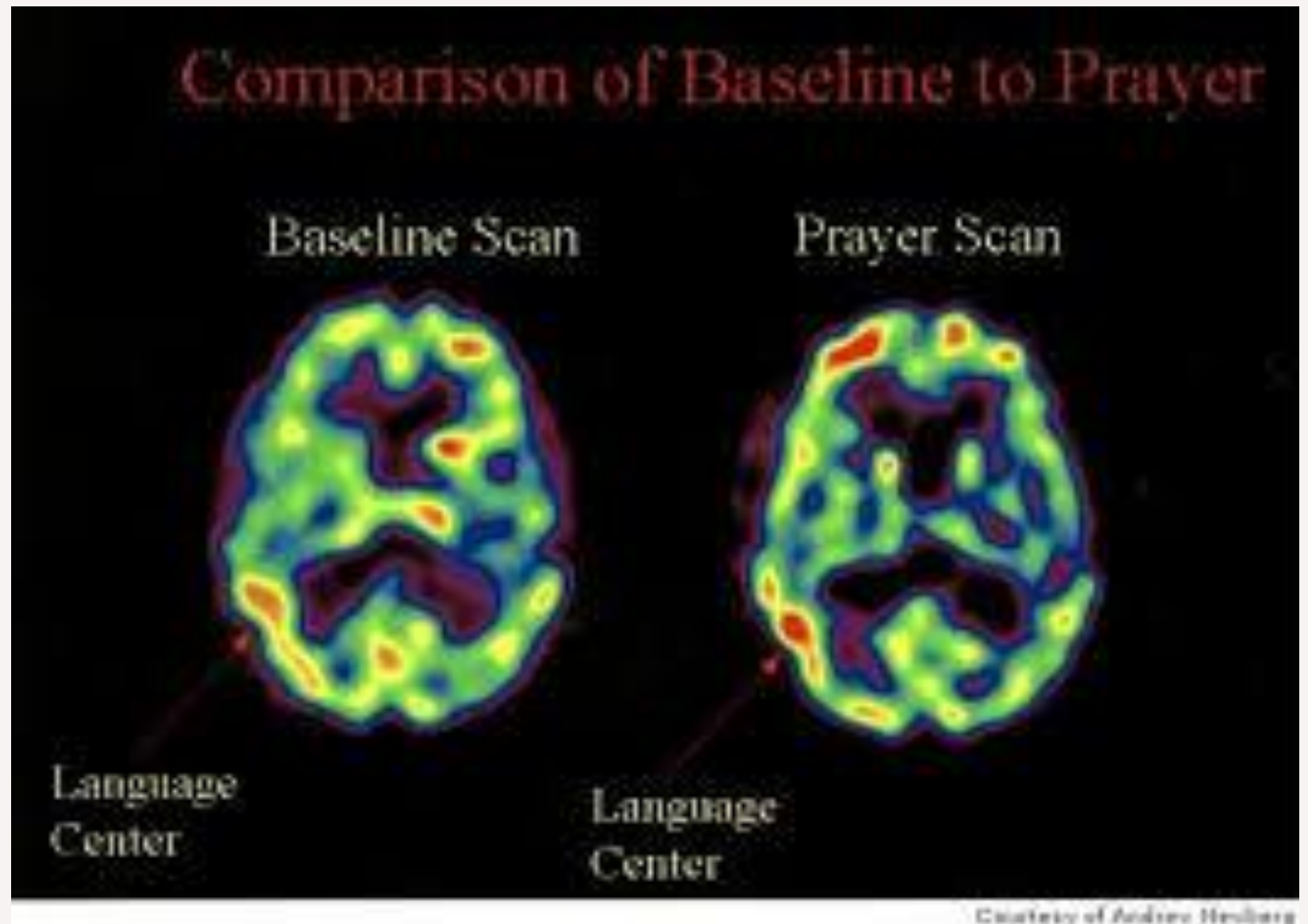


**Hebrews 12: 2 "Let us run
with perseverance the race
marked out for us.
FIXING OUR EYES ON JESUS!"**

Paul's Armor of God Prayer Defense

Ephesians 6: 13, Therefore, take up the full armor of God, that you may be able to resist in the evil day...**16**, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one...**18**, with all prayer and petition pray at all times in the Spirit...

Prayer as Warfare for Anxiety



Paul's Prayer to Peace Equation

Philippians 4: 7, And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.

John 14: 27, Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Spiritual Thinking Principle #1

We must trust God's Word over our thinking!

Proverbs 3: 5, Trust in the Lord with all your heart, and do not lean on your own understanding.

Proverbs 28: 26, Those who trust in themselves are fools, but those who walk in wisdom are kept safe.

Spiritual Thinking Principle #2

Our thinking needs radical discipline!

Colossians 3: 5 – 8, Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness...you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

Spiritual Thinking Principle #3

Our thinking creates our spiritual identity!

Proverbs 23:7, For as a man thinks in his heart, so is he.

Romans 8: 9, However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you.

Spiritual Thinking Principle #4

Satan is the accuser and comes after our thinking!

2nd Corinthians 4: 4, In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel...

1 Chronicles 21: 1, Then Satan stood up against Israel and moved David to number Israel.

Spiritual Thinking Principle #5

Our thinking can be transformed / renewed!

Romans 12: 2, Do not be conformed to this world,
but be transformed by the renewal of your mind...

Spiritual Thinking Principles

1. We trust the thinking of God over our thinking
2. We must take our thinking captive
3. Our thinking creates our identity in Christ
4. Satan is the liar and the accuser in our thinking
5. Our thinking must be transformed in the Spirit

Spiritual Thinking Truth

We can't control our thinking...

We CAN control our thinking through the Holy Spirit

Our thinking doesn't change us...

Our thinking is the primary expression
of our identity in Christ!