

Agape House of Worship
Midweek Service: Bible Study

Topic: Aligning with God's Thoughts
Text: Jeremiah 29: 4-14, Philippians 4:8

Date: July 7, 2021
Teacher: Pastor Bimbola Lawore

Introduction:

Our thoughts are so important, we must pay attention to them. The key to living a purposeful and fulfilling life is to discipline our thoughts and make them obedient to Christ (2 Corinthians 10:3-5). We need to know the thoughts and plans of God for us and embrace them (Jeremiah 29:11). God's thoughts towards us are the purest and best therefore, we should understand and allow them to constantly influence every area of our lives.

I. Understand the Power of Your Thoughts

You are a thinking being!

Proverbs 23:7 *For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you."*

Some Scientific Facts About our Thoughts:

1. An average person thinks 40 times in a second
2. We have between 50,000-70,000 thoughts per day
3. About 98 percent of our thoughts are exactly the same as we had the day before
4. About 80 percent of our thoughts are negative

How we think is one of the most important things in our life.

Proverbs 4:23 *"Guard your heart above all else, for it determines the course of your life. (NLT)*

1. Our thoughts affect who we are, what we do, how we feel about opportunities we experience and how much of a fulfilling life we can experience.
2. Our mind is the house of our thoughts. This is why it is crucial to pay attention to our mind because it holds so much power.
3. Many battles and struggles we experience in life originate in our thoughts. Our mind is the battlefield.
4. Our thoughts can change the structure of our brain, they also become attitudes and actions that affect those around us.
5. It is the responsibility of all believers is to ensure our minds are aligned with that of Christ, which happens through reading, meditating, and believing the word of God. Romans 12:2

Question: What are some of God's thoughts towards us?

II. God's Thoughts!

Jeremiah 29:10-11 *"10 "For thus says the Lord, 'When seventy years [of exile] have been completed for Babylon, I will visit (inspect) you and keep My good promise to you, to bring you back to this place. 11 **For I know the plans and thoughts that I have for you,**' says the Lord, 'plans for peace and well-being and not for disaster, to give you a future and a hope" (AMP)*

Jeremiah 33:3-4 *"Long ago the Lord said to Israel: "I have loved you, my people, with an everlasting love. With unfailing love, I have drawn you to myself.4 I will rebuild you, my virgin Israel. You will again be happy. and dance merrily with your tambourines." (NLT)*

Joshua 1:5 *"No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.*

John 14:27 *"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."*

John 14:13-14 “And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. 14 If you ask anything in My name, I will do it”

Philippians 4:8 “8 Finally, [b]believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God’s word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, **think continually on these things [center your mind on them, and implant them in your heart]**. 9 The things which you have learned and received and heard and seen in me, practice these things [in daily life], and the God [who is the source] of peace and well-being will be with you.” (AMP)

Discussion: Share some examples of things that influence our mind (thoughts)?

III. How to deal with ungodly thoughts

2 Corinthians 10: 5 *We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ. (NLT)*

2 Corinthians 10: 5 *“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. we will be ready to punish every act of disobedience, once your obedience is complete.” (NIV)*

1. Take every thought captive
2. Make it obedient to Christ

How to take every thought captive:

- Accept Jesus as your Lord and Savior
- Be filled with the Holy Spirit
- Discover the source of lies and close every entry points
- Discern if the thought is negative or positive, a lie or truth
- Dwell on positive thought, do not dwell on negative thought, feed your mind with healthy information
- Do not allow your negative thoughts to control your beliefs, actions, and feelings

How to make your thoughts obedient to Christ

- Accept Jesus as your Lord and Savior
- Be filled with the Holy Spirit
- Read, contemplate, meditate on the word of God
- Pray for inner strength to let go of negative thoughts, you need to break away from false thinking
- Replace the false thoughts with truth. The truth is the word of God that you have come to understand and fully embrace in your life.
- Remind yourself you have the mind of Christ. **1 Corinthians 2:14-16**

Closing

What have you been thinking on lately? Does it align with God’s word? Filter it through the scriptures, if it is not in alignment with God’s Truth, take the thought captive, discard it and replace it with the truth, meditate on that truth!