

## Session Six: Taking Charge of Our Thinking

### Review

† John 8:44ff  
2 Cor 10:4-5

† Important Foundational Truths

- God Made You
- God Made You For Himself
- God Made You And Designed You To Enjoy Him
- God Made You So He Could Pour Out His Love Into You
- God Made You So You Could Enjoy Him And His Love
- God Made You So He Could Enjoy You Enjoying His Love
- God Made You To Glorify Him As You Enjoyed Him

† How God Made Us

A Person  
A Spirit Person  
Designed by God to receive His love  
in Worship, love and service.

† Internalized Error  
Jer 13:23; 2 Cor 10:12

- The Past/Enemy
- Character: Internalized/Deceptive
- Result: Programming for Hindrance
- Powerful Control
- Solution: Apply External Test-Bible  
Treat as Strongholds
- Seek Counsel and Healing

† Bondage and Ruin Produced by Sin

- Defiles the Believer
- Hinders and Weakens
- An Inner Contradiction
- A Source of Sinful Actions
- An Open Door to the Enemy

† Effects of Sin

- Grieves the Holy Spirit
- Teaches Error
- Deprives of Grace/Love
- Produces Defilement/Deception  
& Bondage

† Internalized/Powerful Error

Subtle Authority Structures  
Intuitive Responses

Doubt/Unbelief

Anger

Fear

Obsessions

Pride

**Control**

† Sin of Pride

“I don’t need help”

“I’m the way you should be”

“I’m doing things all right”

† Taking Charge of our Thinking

A. Our thought life has a direct bearing on all our other functions. What we think on causes a reaction of our will (choices), our body (desires), and our emotions (feelings). Our thinking will also begin a process that will lead to other thoughts.

B. To understand how to live successfully we must learn how our mind is related to our other functions and how to “take charge” of our thinking.

I. Your Thoughts Are Not You - They Are Simply A Manifestation Of One Of Your Functions.

PERSON	W	Mind (Thoughts)
	I	Emotions (Feelings)
	L L	Body (Desires)

- A. Because of the Fall of man and our sin we have lost control of our functions. Now our functions often control us -- as in the alcoholic.
- B. Most if not all us us have two levels of thinking. The second level is almost always negative and condemning. Its extremely important to recognize this and take charge of it. See the work of David Burns in *Feeling Good*, and Aaron Beck in *Cognitive Therapy*.

II. Your Thoughts May not be Caused by You.

- A. They may be caused by the "Old Nature."  
*For from within, out of the heart of men, proceed evil thoughts, adulteries . . . and these defile the man.* MK 7:21,22
- B. They may be caused by the "World."  
*For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.* 1 Jn 2:16
- C. They may be caused by "Satan and Wicked Spirits."
  - 1. Satan could talk to Eve before she became a sinner.  
*Yea, hath God said, ye shall not eat of every tree. . .*Gen 3:1-5
  - 2. Satan could talk to the Lord Jesus.  
*And when the tempter came to him, he said, "If thou be the Son of God, command that these stones be made bread."*  
Mt 4:3

† A Key to Understanding Self-Control

You are a Person  
That's Who you are

Your Functions are  
Simply How You Function

PERSON

W  
I  
L  
L

Mind (Thoughts)

Emotions (Feelings)

Body (Desires)