



How Do You Protect Your Future? (Improve Your Thinking)

January 7, 2024

Today: Thinking About Thinking

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (NIV)

Book Boost: These are sources that add value to this topic for me

- “In recent years, an entire discipline of modern psychology has developed called cognitive behavioral therapy. This breakthrough teaching reveals that many problems, from eating disorders to relational challenges, addictions, and even some forms of depression and anxiety, are rooted in *faulty and negative patterns of thinking*. *Treating those problems begins with changing that thinking.*”¹
- *The life we have is a reflection of our thinking*
- *Do you like the direction your thoughts are taking you?*
- *Our lives are always moving in the direction of our strongest thoughts. What we think will shape who we become.*²

January 2024 Series Summary

1. Thinking About **Thinking** (Philippians 4:8)
2. Collision Thinking (Genesis 39:6-11, When Good Thinking and Bad Thinking **Collide**)
3. Bad Thinking (**2 Corinthians 10:5-6**)
4. Elevated Thinking (Isaiah 55:8-9)

Question for the Year: How do you Protect Your Future -Potential Topics

1. How you think about **thinking** (Philippians 4; I Corinthians 10)
2. How you think about **money** (Deut. 8:18)
3. How you think about **forgiveness** (Matthew 6:15)
4. How you think about your **spiritual life** (**Galatians 5:17-22**)
5. How you think about **yourself** (**Matthew 22:27-40**)
6. How you think about your **future** (I could not see the future the way I do now)

¹ Winning the War in Your Mind: Change Your Thinking Change Your Life by Craig Groeschel, p1 (Pastor of Life Church)

² Winning the War (p4)

7. How we think about **church (Ephesians 4:11-12)**
8. How we think about **men** and manhood- the good and the bad
9. How we think about **women** the good and the bad (Proverbs 31, depends on who's looking)
10. How we think about **youth** and children (Matthew 19:14)
11. How we think about **business**

Introduction:

- There is a good way to think and a bad way to think. Both approaches to thinking will have a great impact on your life.

Good Thinking Analyzed:

- **Philippians 4:8–9 (NIV):** 8 Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into **practice**. And the God of peace will be with you.

Message Version

- **Philippians 4:8–9 (MSG):** Summing it all up, friends, I'd say you'll do best by **filling your minds and meditating on things** true, noble, reputable, authentic, compelling, gracious—the **best, not the worst; the beautiful, not the ugly**; things to praise, not things to curse.
- **9 Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.**

1. Good thinking is based in **truth** (v8-9)
2. Good thinking is described as **positive** (v8-9)
3. Good thinking is tied to being **disciplined** (v9 “what you have learned.. from me”)
4. Good thinking is a sign of **God's presence** (v9 The God of peace will be with you)

Bad Thinking Analyzed:

- **2 Corinthians 10:3–6 (NIV):** 4 The weapons we fight with are not **the weapons of the world**. On the contrary, they have divine power to demolish strongholds. 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. 6 And we will be ready to **punish every act of disobedience, once your obedience is complete**.

1. Bad thinking **uses the worlds weapons**
2. Bad thinking **sets itself up against** the knowledge of God



3. Bad thinking **takes you captive, and makes you disobedient**

Question: Who in the Bible is an example of good and bad thinking?

- A. Old Testament: Joseph and Joshua were good thinkers,
- B. Old Testament: Joseph Brothers and Israel were examples of bad thinkers
- C. New Testament: Peter and Paul were good thinkers
- D. New Testament: Peter had some historic bad thinking moments

Next Time: Joseph's and Peter's Good and Bad Thinking Colliding (John 16 "Thou art the Christ... and thou shalt not die)