



Transforming Your Thinking

Romans 12:1-2

One of the main keys to transformation has to do with changing the way we think.

We'll never experience real transformation in our lives until our thoughts begin to change. Three reasons for this statement follow.

1. Because my thoughts control my life.

- Our thoughts, values, and beliefs will make us or break us.
- So, be careful about what we're thinking. – Prov. 4:23
- If we think good thoughts, our words will be good. – Proverbs 23:7
- The key to triumph in the spiritual life is learning how to take control of our thoughts and align our thoughts with God's Word. – 2 Cor. 10:5

2. Because the mind is the battleground for sin.

- The mind and our thoughts are where we either win or lose the battle. Why?
- Because all temptation happens in the mind. – Rom. 7:22-23
- One of the reasons why you get mentally fatigued is because there's a battle in your brain 24 hours a day.

3. Because it's the key to peace and happiness

- We'll never really live the life God has for us as long as our thinking is controlled by our sinful nature. – Rom. 8:6

So, where's the starting place to break free from all those bad patterns of thinking?

- **I Must Feed My Mind with the Truth.** – Matt. 4:4; Psa. 119:147; Psa. 16:7; Psa. 119:95
- **I Must Focus My Mind on the Right Things** – Phi.4:8
- **I Must Free My Mind from Destructive Thoughts** – John 8:32

If you want to live a positive, joyful, and happy life, you cannot – be surrounded by negative thoughts and negative people.