



A. How important is your thinking? Solomon warns that you are what you think (Prov.23:7).  
And Paul tells us in Philippians 4:8—

*“Whatever is true,  
Whatever is honorable,  
Whatever is right,  
Whatever is pure,  
Whatever is lovely,  
Whatever is of good repute,  
If there is any excellence and if anything worthy of praise,  
Dwell on these things.”*

B. What you think about is critical. So, what do you think about?

### **I. We Are Not Limited By Our Past or By Our Present**

- A. Everyone has a past and no one's current circumstances are perfect.
- B. What limits us is what we keep telling ourselves—it's the thoughts we allow to roll around between our ears.

### **II. Poor, Poor, Pitiful Paul**

- A. If anyone deserved to be negative, it was Paul. In spite of his mistreatment, he made the proactive decision to think God-honoring thoughts. Why? Because His thoughts were a reflection of his faith in God.
- B. Time for an upgrade? 1 Thess.5:16-18
- C. Joy—an outside sign of an inside faith (Prov.15:13).
- D. If you upgraded your joy, you would be a lot more fun to be around.
  - Your marriage would be better
  - Your family life would be better
  - Your relationship with co-workers would be better
  - Your relationship with God would be better

- 1. Don't look now, but your thoughts are showing! Jesus said that in Luke 6:45.
- 2. It doesn't matter what kind of change you need to make—physical, relational, or spiritual...  
If you do not fix what is in the mind, the results will never be any different.

### **III. Exercising the Free-Will of Your Thoughts**

- A. God doesn't force you to think right any more than He forces you to do anything else. It's your choice/decision.
- B. It's time each of us takes ownership of our lives. And while you may not be able to choose your circumstances, you can (and do) choose your attitude toward them.
- C. Quarantine faithless negativity!
- D. The time to act is...NOW! Gal.6:7