

Gatekeeper



Lesson 3: Control (August 17, 2014)

Proverbs 4:23 Guard your heart above all else, for **it determines** the course of your life. *New Living Translation SE*

If you don't control your thoughts they'll control you

Daily thoughts

- The average person has 45,000 thoughts per day and 75% of them are negative
 - That's 34,000 negative thoughts per day

Where thoughts come from

1. Our own mind
 - a. Can be random
 - b. Can be the result of an event or atmosphere we've experienced
2. The enemy
3. God

Sometimes your head can think thoughts that your heart resents

2 Corinthians 10:4 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. *New*

International Version

Thought: Noema, a system of beliefs or a simple thought. Both must be captured and cast down

Matthew 4:1 Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. **2** For forty days and forty nights he fasted and became very hungry. ***New Living Translation SE***

Matthew 4:8 Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. **9** “I will give it all to you,” **he said**, “if you will kneel down and worship me.” **10** “Get out of here, Satan,” Jesus told him. “For the Scriptures say, ‘You must worship the LORD your God and serve only him.’” **11** Then the devil went away, and angels came and took care of Jesus. ***New Living Translation SE***

Casting out negative thoughts

1. Fearful thoughts

- a. Scriptures: ***Psalm 27:1*** The LORD is my light and my salvation— so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble?
New Living Translation SE

Psalm 34:7 The angel of the LORD encamps around those who fear him, and he delivers them. ***New Living Translation SE***

- b. Self-talk: Thought, I command you to go! God and His angels are with me and protect me from all evil!

Casting out negative thoughts

2. Condemning thoughts

- a. Scriptures: ***Colossians 1:22*** Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence,

and you are holy and blameless as you stand before him without a single fault. ***New Living Translation SE***

1 John 1:9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ***New Living Translation***

- b. Self-talk: Thought, I command you to go! I stand before God blameless and without fault as a Christian! My sins are forgiven!

Casting out negative thoughts

3. Sinful thoughts

- a. Scriptures: **2 Corinthians 5:17** Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! ... **21** God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. ***New International Version***

Romans 6:11 So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus. ***New Living Translation SE***

- b. Self-talk: Thought, I command you to go! I'm not a sinner! I'm dead to sin! I'm a new person in Christ! I'm holy and righteous by Christian birth!

Casting out negative thoughts

4. Hurtful thoughts

- a. Scriptures: **Mark 11:25** But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too." ***New Living Translation SE***

Luke 6:27 "But to you who are willing to listen, I say, love

your enemies! Do good to those who hate you. **28** Bless those who curse you. Pray for those who hurt you. ***New Living Translation SE***

- b. Self talk: Thought, I command you to go! I choose to forgive and let go of the wrong done to me! I choose to pray for those that wrong me! (Then pray for them!)

Casting out negative thoughts

5. Thoughts of Failure

- a. Scriptures: **Psalm 91:14** The LORD says, "I will rescue those who love me. I will protect those who trust in my name. **15** When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. ***New Living Translation SE***

2 Timothy 4:18 Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom. All glory to God forever and ever! Amen. ***New Living Translation SE***

- b. Self-talk: Thought, I will not be destroyed! My God will rescue and restore my life! He will honor me before my enemies!