

Gospel Lighthouse Church  
9/21/25  
Managing Our Thinking – The Battle of the Mind

Main Scriptures:

- Romans 12:3 – “... to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment...” (NRSV).
- Philippians 4:6— “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.” (NLT).

Introduction: This message draws from the truth in Romans 12:3: our thoughts have the power to shape our identity, behavior, and emotional well-being. The mind speaks in thoughts, words, and images—often like a movie screen playing continuously. Because our minds never fully shut off, we often find ourselves caught in a stream of inner dialogue, vivid images, and constant thoughts—all at once. Much of life is lived in the mind, and how we manage our thoughts matters deeply. Scripture emphasizes the importance of right thinking and offers practical steps for managing our minds. Here are three key insights:

1. The Power of Thought—Romans 12:3.

Paul urges believers to think with sober judgment, highlighting that right thinking is foundational to a transformed life.

Our thoughts influence:

- How we view ourselves — with humility and clarity.
- How we relate to others — without pride or distortion.
- How we respond to life — through a lens shaped by truth, not emotion.

2. The problem of unmanaged thinking.

When our thoughts remain unchecked, they often lead to destructive outcomes:

- Misinterpreting words or actions, seeing offense where there is none.
- Overreacting to failure or rejection due to inner insecurity.
- Suffering emotional wounds from distorted perceptions — for example, hearing neutral comments as personal attacks.

These patterns amplify pain and distort reality, keeping us trapped in anxiety or resentment.

3. The practice of healthy thought management—Philippians 4:6; Romans 12:3.

Scripture offers a clear path to renewing the mind:

- Recognize worry as anxious thinking — a mind pulled in different directions.
- Replace fear-based thoughts with spiritual practices:
  - Prayer — invite God into your thoughts.
  - Petition/Supplication — be specific in your needs.
  - Thanksgiving — shift focus to what God has already done.
- Renew your mind daily by aligning your thoughts with God's truth—Romans 12:2.
- Resist unruly thoughts and take them captive—II Cor.10:5.

Summary:

- We don’t have to live at the mercy of our thoughts and allow them to shape our emotions and reactions.
- Peace comes when we align our thoughts with God’s truth and His promises to us.
- Management of thoughts are won with discipline, prayer, and trust in God.

JDF

Dr. Jerry D. Fryar, Senior Pastor

