

Gospel Lighthouse Church
Sunday Morning Worship Service
10/5/25

Managing Our Thinking – The Battle of the Mind (Part II)

Main Scriptures:

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

Introduction: Life is lived in the mind. Our thoughts shape identity, drive emotions and direct behavior. Transformation begins not externally, but with the **renewal of the mind** (Romans 12:2–3). This renewal aligns us spiritually with God’s will.

Your mind is a gift from God—meant to be devoted to Him. Paul urges us to “bring every thought into captivity to the obedience of Christ” (2 Cor. 10:5). Why? Because **what dominates the mind directs the heart** and ultimately, our actions.

What biblical management of thoughts will do:

1. Refuel the mind – remember God’s faithfulness.

Scripture calls us to remember God’s past deliverance—not just as gratitude, but as fuel for faith.

- Meditate on God’s Word and promises.
- Like a spiritual energy drink, remembering His faithfulness renews mental and spiritual strength.
- *Phil. 4:6* teaches us to **replace worry with prayer and thanksgiving**, shifting our mental focus to hope.

Application: In stressful or uncertain times, pause and reflect on what God has done. Let His record of faithfulness refuel your trust.

2. Refresh the mind – dwell on what is good.

Not all thoughts deserve attention. *Philippians 4:8* offers a filter: Think on what is **true, pure, lovely, praiseworthy**.

- This isn’t just “positive thinking”—it’s choosing **spiritually aligned thoughts**.
- It builds an atmosphere of peace, even amid chaos.
- Right thinking is a form of worship—it honors God and welcomes His presence.

Application: Guard your mental “gate.” Be intentional—choose thoughts that reflect God’s truth and bring peace.

3. Rinse the mind – replace toxic thoughts with truth.

Life brings mental clutter: fear, shame, doubt, guilt. These must be **rinsed away** with God’s truth.

- *2 Cor. 10:5* – Take every thought captive; don’t let harmful thoughts dominate.
- Replace lies with truth, fear with faith, guilt with grace.
- Don’t just remove toxic thoughts—**replace them** with scripture.

Application: Daily immersion in God’s word is like a **spiritual shower or bath**—cleansing, restoring, and protecting your mind.

Conclusion: A renewed mind = A transformed life: When your thoughts are surrendered to Christ, your life reflects His transforming power. A **renewed mind** is fertile ground for peace, hope, and obedience.

The strength of a believer isn’t the absence of trials—it’s a mind anchored in God. JDF

Dr. Jerry D. Fryar, Senior Pastor