

# **How to Handle Your Thought Life**

*Charles Stanley*

## I. Introduction.

- A. Text: Ephesians 4.
- B. We are always thinking something, so one can never put his mind in neutral.
- C. When a person accepts Jesus Christ as Savior, he receives a new capacity to think differently.
- D. Wherever a person is at after having received Christ is a result of his thought life.
- E. Thought patterns will either assist a person or be a drag on a person for the rest of his life. Our feelings are always following our thoughts. The word of God is powerful. The word of God will discern and reveal exactly what the person is thinking. (Hebrews 4:12)
- F. If you wanted change in your life, you have to think differently. (Romans 12:1-2)
- G. The renewing of the mind is something that has to go on constantly.

## II. The battlefield of Satan is the mind.

- A. Satan controls the body through the mind.
- B. The mind is powerful.
- C. We all have to deal with our simple thoughts. (I John 1)
- D. A thought will dominate a person if he does not get control of it.
- E. We follow the creation of our imagination and not reality.

## III. Steps to handling the thought life.

- A. Ask yourself why you are thinking what you are thinking.
- B. Identify the root cause of that thought.
- C. Ask where these thoughts will lead you if you keep thinking them.
- D. Ask yourself whether these thoughts will get you where you are going.
- E. Give the Lord all the details of your feelings if it will do any good but confess it to Him.

F. Ask Him to help you visualize the very opposite.

G. One must fill his mind by memorizing the Word of God. (Psalm 119:9)

H. Think in these terms: screen your thoughts, let some go by, select some, and cultivate those thoughts you choose. (Philippians 4:8)

I. Cultivate a good thought life thinking about good things. Think of things that will get you where you are going and will make you the person God wants you to be.

J. A person has to work at having good thoughts. Never give up and never give in. You give up when you give in, God will choose to give you over. (Romans 1:26)

**Application questions:**

1. Why is it so important to get a handle on the thought life?

---

---

2. How would you counsel someone in getting a grip on his or her thought life?

---

---

3. What area of your thought life will you work on this week? How can you grow in this area in a practical and provable way?

---

---