

## SERMON OUTLINE

**SERMON TITLE:** How to Control Your Thought Life

**SERMON REFERENCE:** Psalm 119:9-15

**LWF SERMON NUMBER:** #1861

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1) INTRODUCTION

- a) The problem, primarily, in our world is the thought life.
  - i) The reason why God destroyed the first civilization with the flood was because of man's thought life.
    - (1) Genesis 6:5
- b) Satan is very sinister and diabolically wicked, and he wants to capture the hearts and minds of young and old alike.
  - i) The mind is a valued prize, over which a battle is being waged.
  - ii) When Satan has your mind, he has you.
- c) Proverbs 4:23
  - i) When the Bible uses the word "heart," it literally means the thought life, the mind, the core of an individual.
- d) Proverbs 23:7
- e) Your mind is not your brain.
  - i) The brain is to the mind what a piano is to a piano player.
  - ii) The brain is what the mind thinks with.
    - (1) A person with a wicked mind and a powerful brain is a dangerous thing.
- f) The Bible makes it clear that the mind must be controlled.
  - i) Romans 8:6-7
    - (1) The word "carnal" means "fleshly minded."
  - ii) Colossians 1:21
  - iii) Luke 13:3
    - (1) The word "repent" means "a change of mind."
- g) Psalm 119 shows us three steps to having a pure thought life, even in this day and age when our minds are being bombarded.

2) PURIFICATION OF THE MIND (PSALM 119:9)

- a) We must, first of all, get our minds clean.
  - i) There must be a starting place.
- b) The word "way" in this passage has the idea of a groove, a rut or a track.
  - i) Satan tries to get a way or a track in our minds.
    - (1) We get a one-track mind; a rut in our minds.
- c) The Word of God is the cleansing agent.
  - i) John 15:3
    - (1) The word used for "clean" is the word from which we get our word "catharsis."
    - (2) The Word of God is a catharsis.
      - (a) It cleans us on the inside.
      - (b) The Word of God can cleanse our minds.
  - ii) Ephesians 5:26
- d) The Word cleanses us by pointing us to confession and repentance.
  - i) 1 John 1:9

- ii) Our minds can be absolutely cleansed by asking the Lord Jesus to purge and clean our minds.
  - e) John 15:3
  - f) In order to maintain a clean thought life, we must first be cleansed.
- 3) DETERMINATION OF THE MIND (PSALM 119:10)
- a) There is no way to have victory in our thought life if we are not serious about it.
    - i) We cannot be half-hearted about our thought life.
    - ii) The problem with modern times is half-hearted Christians.
      - (1) They want to serve God and still dabble in the world.
    - iii) There is a battle for our minds, and we will lose it if we are half-hearted.
      - (1) James 1:8
      - (2) James 4:8
  - b) Deuteronomy 4:29
    - i) The soul refers to the mind, the emotion and the will.
  - c) When we get clean, we must determine to stay clean.
    - i) Job 31:1
    - ii) God will not force Himself upon us.
    - iii) We must personally and privately make the decision to stay clean in our thought life.
- 4) FORTIFICATION OF THE MIND (PSALM 119:11)
- a) This passage is not referring to past sin but future temptation.
  - b) It is the Word of God hidden in our hearts that is the antidote to keeping out impure thoughts.
    - i) This is how we avoid being overcome with evil and how we overcome evil with good.
  - c) We must saturate ourselves with the Word of God.
    - i) The Word of God does us no good if we do not use, if we do not get it into our hearts and minds.
  - d) How does the Bible keep us pure?
    - i) God is holy.
    - ii) When we read, understand and apply the Bible, then we are thinking God's thoughts after Him.
  - e) Philippians 4:8-9
    - i) We must think on things that are true, just, lovely, honest, of good report, virtuous and praise worthy.
    - ii) God created us where we cannot think two thoughts at the same time.
      - (1) If we are thinking what is right, then we cannot be thinking what is wrong.
  - f) When we get the Word of God into our minds, it changes our attitude; and our attitude determines our actions.

- i) The devil will work on our minds to take us away from the Word of God and purity.
- ii) The Holy Spirit leads us to the Word of God.
- g) There are steps we can take to make the Word of God real to us:
  - i) Memorize the Word of God.
    - (1) Psalm 119:11
      - (a) To hide the Word in our hearts means to memorize the Word of God.
      - (2) The Word must be in our hearts.
    - ii) Personalize the Word of God.
      - (1) Psalm 119:12
      - (2) As we memorize the Word, we need to ask the Holy Spirit to personalize it to us.
      - (3) We cannot separate the Word of God and the God of that Word, and we need to ask God to teach us what His Word means.
      - (4) We need to pray over it, asking God to help us understand it.
    - iii) Verbalize the Word of God.
      - (1) Psalm 119:13
      - (2) We need to quote the Word and share the Word with others.
      - (3) The more we give it away, the more it sticks with us.
        - (a) Oftentimes, our memorization of the Word will come through our usage of the Word.
      - (4) As we share the Word, it puts us on the offensive and the devil on the defensive.
      - (5) Once we let others know that we are bearers of God's Word, then we position ourselves so that it won't be as easy to look upon something we shouldn't or say something we shouldn't.
      - (6) Revelation 12:11
        - (a) The Bible is the Word of our testimony.
        - (b) We can overcome the devil with the Word of God.
          - (i) It is a weapon against Satan.
      - (7) We need to speak the Word.
      - (8) We need to share the Word.
      - (9) We need to sing the Word.
    - iv) Vitalize the Word of God.
      - (1) Psalm 119:14
      - (2) An impure mind is a mind that hasn't found its contentment in the Lord Jesus Christ.
        - (a) An impure mind is a mind that is looking for satisfaction in the wrong places.
      - (3) Many Christians have not discovered the riches they have in Jesus because they don't know the Word of God.
        - (a) The world loses its appeal when we find satisfaction in Jesus.

- (i) Those who look to the world to find satisfaction (in greed, pornography, etc.), never find it; they continually want more.
      - 1. 2 Peter 2:14
  - (4) When we vitalize the Word and rejoice in God's testimonies, we have the deepest needs of our lives met.
  - (5) 1 John 2:15
    - (a) This passage does not say that the Father is not in him because he loves the world, but just the opposite: he loves the world because the love of the Father is not in him.
    - (b) When we have been feasting on Jesus, then we don't have to be in the back alleys feeding from the devil's garbage cans.
- 5) INTERNALIZE THE WORD OF GOD (PSALM 119:15)
  - a) This is a step beyond memorizing, a step beyond personalizing and a step beyond verbalizing the Word.
    - i) Internalizing the Word is meditation.
  - b) Meditation is one of the great doctrines of the Bible.
    - i) Psalm 119:15
    - ii) Psalm 119:23
    - iii) Psalm 119:48
    - iv) Psalm 119:97
    - v) Psalm 119:99
    - vi) Psalm 119:148
  - c) When we meditate upon the Word of God, the Word becomes so real to us that it is like humming a tune that we can't get out of our minds.
    - i) The Word of God permeates us when we meditate upon it so that we become "second-nature" Christians.
      - (1) Honoring God with our decisions and living the Christian life become second-nature to us.
        - (a) This is actually our true nature, which is the nature of the Lord Jesus Christ.
- 6) CONCLUSION
  - a) How do we cleanse our minds when we are bombarded by all of the filth in society and it seems like a sewer has erupted in our country?
    - i) Psalm 119:9
    - ii) We are cleansed by the Word of God.
  - b) You cannot vitalize the Word of God in your heart without knowing the Author of that Word.
  - c) Do you know Jesus personally? If not, you can pray to Him today and ask Him to come into your life.
  - d) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
    - i) Romans 3:23

- ii) Romans 10:9-10
- iii) Romans 10:13
- iv) Acts 16:31
- v) John 3:16