

“Help Me! I Am Thinking Crazy Stuff”

Pastor Eddie Turner
Sunday, October 15, 2017

Isa. 26:3(NLT) - You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

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*Harassing, condemning, impure thoughts raced through my mind all day and most of the night with no relief. I came to the place that I was a prisoner in my home unable to leave my house. Anytime I went out in public, fear and anxiety overwhelmed me.*

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Philippians 1:6(NLT)- And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

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*The Dark Demon of Depression and Thought Harassment is No Respector of Persons*

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He lived in a private mental and emotional hell of torment and despair-to the point that the applause of men could not overcome the continual drumbeat of hopelessness that invaded his mind every day.

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*Thankfully many never yield to the temptation to end life due to despair-but we would be shocked to know how many of our family and friends live with a lack of peace and blackness in their emotions and minds.*

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- *A war is raging for the minds of mankind.*

Why? - Whoever and whatever controls our mind and thought life controls our direction and destiny in life.

Each of us are engaged in a personal daily war to determine who will control our “thought life.”

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- *Our thought life is ground zero for spiritual warfare:*
- *Satan operates in the arena of thought:*

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The precursor of evil actions is evil thoughts. If Satan cannot plant an evil thought in our mind-then he will be unable to motivate us to an evil action!

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Matt. 15:17-20(NKJV) ~ <sup>17</sup> Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? <sup>18</sup> But those things which proceed out of the mouth come from the heart and they defile a man. <sup>19</sup> For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. <sup>20</sup> These are *the things* which defile a man, but to eat with unwashed hands does not defile a man.”

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Has between 60,000-70,000 thoughts a day.

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There are 86,400 seconds in a day-so we almost think a thought a second.

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Over 90% of our daily thoughts are repetitive; so, if we think 60,000 thoughts a day and 90% or 54,000 are repetitive- then it's easy to see how a person can get something stuck in their minds and it drives them to action.

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John 13:1-2(NIV) - It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

<sup>2</sup> The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus.

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How did the devil prompt Judas to betray Jesus?

Satan suggested a thought to the mind of Judas and Judas entertained it over and over until it eventually turned into an action.

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Rev. 12:10(NLT)~ Then I heard a loud voice shouting across the heavens, “It has come at last salvation and power and the Kingdom of our God, and the authority of his Christ. For the accuser of our brothers and sisters has been thrown down to earth the one who accuses them before our God day and night.

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“Satan is called the accuser of the brothers and sisters.”
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Rom. 12:1-2(NKJV) - I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. <sup>2</sup> And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

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Eph.4:22-23(NKJV) - ²² that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, ²³ and be renewed in the spirit of your mind,

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Renewing the mind is more than learning, it is changing!  
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1). Become aware of how you really think -take an honest evaluation of your thought life.
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Phil.4:8(NLT) ~ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

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I promise you, once you take an honest evaluation of what you have been entertaining in your mind; you will discover that the darkness, the fear, and the anxiety in your life is tied directly to your undisciplined thought life.

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*2). Become aware of how God wants us to think:*

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Psalm 119:11 (NLT) - I have hidden your word in my heart that I might not sin against you.

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James 1:21 (NLT) - So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

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3). Reject thoughts which are contrary to God's way of thinking:

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2 Cor. 10:4-5 (NKJV) - For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

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4). Practice the thoughts of God, until they become your own:

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Prov.4:20-22(NKJV) - My son, give attention to my words; Incline your ear to my sayings.<sup>21</sup> Do not let them depart from your eyes; Keep them in the midst of your heart; <sup>22</sup> for they *are* life to those who find them, and health to all their flesh.

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Joshua 1:8(NKJV) - This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

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5). *Replace ungodly mindsets with a godly way of thinking by confession of God's word:*

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Psalm 45:1(NKJV) - My heart is overflowing with a good theme; I recite my composition concerning the King; my tongue *is* the pen of a ready writer.

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1 Peter 3:10(NKJV) - He who would love life and see good days, let him refrain his tongue from evil, and his lips from speaking deceit.