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"I BECOME WHAT I THINK... EVERY THOUGHT MATTERS"

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JAMES 1:22-26 (ESV)

I. CHARACTER, WHO WE REALLY ARE, IS DETERMINED BY CONDUCT.

INSIGHT: The proper response of a true believer is obedience to God's Word (James 1:22).

INSIGHT: My greatest fear for your souls is that you who hear so much would do so little.

INSIGHT: If you don't fix what the Word shows you is wrong in your life, when you see it, you may never fix it.

II. THOUGHTS, NOT GOOD INTENTIONS, DETERMINE BEHAVIOR (Matthew 12:34; Romans 12:2 NLT).

INSIGHT: You need to think about what you think about. You need to bring your thoughts under control.

III. WE MUST MANAGE OUR MINDS.

1. Your thoughts control your life, but you can control your thoughts.

TRUTH REPEATED: Every action in your life starts with a thought.

INSIGHT: Child of God, always remember: THE THOUGHTS OF YOUR MIND CONTROL AND SHAPE YOUR LIFE.

INSIGHT: Many of us need to choose our thoughts better.

TRUTH: As a Christian you can't afford to be passive about your thoughts.

2. Your mind is the battleground for sin (Romans 7:22-23).

INSIGHT: Every Christian is at war with Satan. It's a real fight; the goal is enslavement to sin, and the battlefield is the Christian mind.

3. Any change you want in your life must start in your mind.

TRUTH: Change starts in your brain, not your behavior.

TRUTH: Any change you want to make in your life starts in your thoughts, not your feelings, and not in your behavior.

4. Any change in how you feel begins in your mind.

INSIGHT: Our feelings are resistant to commands.

Whatever you resist persists...simply refocus.