

01142023 Ready! Today is for each of you....Do you want more or better than what you currently possess in any area of your life? Do you want to be able to handle well, what may come your way in 2024? **Then the first thing you need to know is this ... Our lives are always moving in the direction of our strongest thoughts...** So the question for us this morning is: **Are you excited where your thoughts are taking you?** **You see your thoughts are words?** But they are not just words, they are directive words....

***To achieve something greater in any area of your life ... will require you to conqueror destructive Self-Talk... your inner dialogue with yourself **is a very powerful motivator or a very powerful discourager.**

Know This what occupies your mind occupies your time...Our life expresses loud and clear the result of our dominant thoughts.

For Proverbs 23:7 For as he thinketh in his heart, so is he...(KJV) is true”

- Proverbs tells us the more we think a thought the more it becomes my reality in life
- **Our internal language is a very powerful tool...whether its describing God, ourselves, others, the world we live in, situations that occur, things we can't control...things we want to accomplish.**
- **...So it is most important to examine what you talk to yourself about ...and how you talk to yourself...and the tone you use on yourself...**
- **Your thought life is the first place where the everyday victories or failures occur...and it can be won!!**

James tells us something very important ... *NIV James 3:2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.*

- the first part we all get...we all stumble in many ways..
- but the second is very interesting, James tells us **the person who never at fault in their speech** to themselves can keep their body in check...or control what they do...with their life....
- language and the way you talk to yourself and the beliefs you hold about yourself are crucial...not only to the way you want to go, but also to the potential to prevent you from getting to where you want to go.....
- James say if we check our self talk... compare what we are saying to ourselves to whether it is wholesome, true, factual, in line with God's words... I increase self awareness.
- I can't master myself unless I know myself...the only way to know yourself to examine myself...
- **You know some of us are good company to our selves ..**
- **and some of us are horrible company to our selves...that is why some of us don't like to be alone...were not good company... because we believe every self destructive thoughts ...without checking them to truth...**
- that is why some of us are uncomfortable in our own skin...we have a dangerous thought life...
- now the problem is...You can't automatically go from thinking one way to thinking something else..
- **For example... we share what we're thinking or a train of thought with someone and they say oh just look at it like this... ...it does not work for us...it does not work because first we have to dismantle deconstruct take a part our current train of thought to order to get to a new way of thinking.**

- So the first step is to examine... **why do I think like these kinds of thoughts?**
- I must go to the root...***How was my thinking formed?... much was formed in our formative years
- **Paul says it this way...**

*NLT 1CO 13: 11 When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I **put the ways** of childhood behind me. 12 For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.*

Paul says that childish thinking once formed ...guides our life ...until it is put away...

- **PUT AWAY ...has the idea of two actions...1) one I must be able to identify the child formed thoughts and understand the reasoning behind those thoughts 2) I must intentionally take those thoughts and the reasons behind them and remove them and the ways they influenced how I did my childhood away, Ie close the door on them.**
- **For the way I see things...is like a reflection in a MIRROR**
- **a Mirror DOES NOT GIVE US THE WHOLE PICTURE... it only reflects what is directly IN FRONT OF THE MIRROR...NOTHING BEHIND, or around THE MIRROR, nor THE CONTEXT OF WHERE I AM...it is revealing or knowing in part...**
- **So first off we must understand how childhood thinking and reasoning is formed ...**
 - **Six ways childhood thinking and reasoning is formed....in all of us...as we were all children once**

1) Family of origin... Was your family stable or unstable? Was it predictable or chaotic? did you grow up with both parents, Did mom and Dad love each other? did they co-exist, divorced, single parent, Moms or dads

boyfriends girlfriends a priority? Foster care, foreign country, siblings, love and nurture for everyone fend for themselves? Did you enjoy your family or were they a burden to you. Were you prepared for adulthood...or was it a shock?

2) **What was your experience in your neighborhood** safe, stable with long term childhood friends? -dangerous, fearful...did you experience moving a lot, having to make new friends all the time or try to fit in...loner/ friends.

3) **What was your experience in school...** was education important to you? **socially- positive/negative**...fit in/left out, accepted/rejected ...academically- did you flourish, got by, dropped out., bullied ...

4) **What was your experience with trauma ...the Greek word for wounds.** Divorce, death, was there Substance abuse with your parents going on in the home? Physical abuse? Sexual abuse? Emotional abuse?

5) **What was your Religious experience** was it a personal relationship with God? were the role models Real or hypocrites? Was it lifestyle or lip style... or just for mom...Dad doesn't go to church? Or no religion?

6) **What were the family Economics growing up?** ... were finances a constant stress? were material and basic needs met? Vacations?

All Those experiences shape a child's feelings and their reasoning about creating their world view...and the development of their coping skills to best to navigate the world they live in...

*** However children are limited in their responses ..for example children in bodily dangerous environment...when the fight or flight part of our brain cannot be exercised because fight will bring more harm....and flight would be even more dangerous for there is no place for them to go.....so they learn the coping mechanism of living in their head.... disconnecting from their body...

***Children in emotionally dangerous environment learn to disconnect emotionally... not feel... and again living in their heads..

- ******Whereas a child growing up in a nurturing environment learns to express their feelings, ask for help, and can live in a much more connected emotions, and body connected state.**
- ******Example if a child reasons by experience that people are good and safe- they develop some good connecting skills with others and themselves.—**
- ******If a child reasons by experience people are dangerous to my body or emotions- I must develop avoidance skills to protect myself.. if I cant avoid....**
- **I learn to be disassociate from my emotions or body... my feelings develop callouses... often why it is so difficult to identify feelings as an adult...because they had to negate feeling as children as it was so painful... that childhood reasoning does not work well in adult relationships...**
- **Now all of us are on the spectrum of developing good coping skills and not so good...because we all had some nurture and some wounding in our lives that is why Paul says**

12 For now we see only a reflection as in a mirror...a mirror show fragments of all that can be seen...so we live a fragmented life...to varying degrees...

Reasoning with child like reasoning in some ways and adult reasoning in others...

This intertwined thinking will produce life or death in us... And they manifest most often in our closet relationships...

- **it will add or take away from our lives...**

ESV PR 18: 21 Death and life are in the power of the tongue, and those who love it will eat its fruits.

- **So the childish reasoning must be “put away” and we must learn more healthy and effective adult reasoning relationship skills....**

Relearning as Christ teaches us ...who knows us fully

NLT Eph 5:1 Imitate God, therefore, in everything you do, because you are his dear children. ² Live a life filled with love, following the example of Christ. He loved us

- Now The hard part about putting away the childish thinking is that our childish thinking has gone deep into our hearts...becoming core beliefs

ESV PR 18:4 The words of a man's mouth are deep waters, but the fountain of wisdom is a bubbling brook

- We all, at times overlook the far-reaching power of words both our own and those spoken over us..., but this ignorance makes us no less susceptible to their power. They are deep waters...
- For Words start out as drops of water when we are young ... All words, whether they are true or not, go down to our hearts forming a deep well ...and we drink from it all the time....

This well of words...can prevent us from becoming the best we might be, and we often use them as weapons against ourselves and each other. but Can be transformed into self talk that heals our lives and other becoming talk that blesses and moves us forward...

- Dilution is the solution to pollution! The Wisdom from God, is a bubbling brook...that must mix with the deep waters consistently and slowly converting dead waters of thinking and reasoning to living waters of thinking and reasoning....
- ***How? By the continual flow of God's words into us...which in time ...a bubbling brook will fill the lake of our heart and mind...we break down the stronghold these words of death have over us....
- Since thoughts determine actions, there's a powerful connection between the words we use and the results we get.

It takes Divine power to demolish them...and overcome the enemy guards

ESV 2 Cor 10: 4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. What are the weapons of the flesh?... trauma, fear, Hate, unforgiveness, Jealousy, envy, Pride, rage, violence, lust, power, controlling others, selfishness, stealing, deception, cheating, lying, manipulation, discouragement, belittling, manipulation ...⁵ We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

- We have to take captive thoughts with divine power... Divine Power, Patience, love, Peace, Joy, long suffering, self control, generosity, wisdom, forgiveness, faith , hope, encouragement, truth

We are to demolish these anti-Christ arguments in our heads...not debate them, romance them, feed them, nurture them, obey them...

- So we demolish by divine power strongholds, arguments and pretended outcomes raised up against by holding fast to his word through obedience to it...
- God's Word is truer than anything I may think. It is truer than anything I feel. It is truer than how things appear. I renounce the lies I am not acceptable, unprotected, alone or abandoned, that I am worth less than others, am helpless or hopeless...
- Wisdom teaches us how to change our way of thinking and it change our words and changing the words you speak changes behavior.
- Allow God's word to Speak life into you..
- I want to pray God's words over you...

You have been redeemed and forgiven of all your sins Col 1:14

You are free from condemnation Romans 8:1-2

You are God's Child John 1:12

You are Jesus Friend John 15:12

You are a saint and a Holy One Eph 1:2

You are sealed by the Holy Spirit Eph 1:13

You are a citizen of Heaven Phil 3:20

You have a guaranteed inheritance in the Kingdom of God Eph 1:14

You are born of God and the evil one cannot harm you 1 John 5:18

You are chosen and appointed by God to Bear Fruit John 15:16

You are assured that all things work together for good Romans 8:28

You can find grace and mercy to help you in times of need Heb4:16

You can have complete confidence that the good work God has begun in you will be completed Phil 1:6

You are an ambassador of Christ and minister of reconciliation 2 Cor 5:17+20

You are God's workmanship, created for good works Eph 2:10

You are the salt and light of the world Matt 5:13-14

You are a fellow worker with God 2Cor 6:1

You can do all things through Christ who strengthens you Phil 4:13

You have not been given a spirit of fear but of power, love and a sound mind!! 2 Tim1:7 KJV

Pray Gods word over you daily...handouts have been given, take them place them next to you bed...speak God's words over you in the morning and at night *Think on these things as they are a bubbling brook of living water.....and you* will be excited where these God thoughts will take you?

NLT Ephesians 3:20 Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

Pray Gods word over you daily...

- **Let me ask you a question... Who do you have on a daily basis the most conversations with?...the correct answer is yourself**

I renounce the lie I am rejected, unloved, shameful or abandoned. In Christ I am accepted, secure and significant. God says:

- **Why? for it no longer works as an adult!!**
- **An adult understands he/she only knows in part....we do not see everything clearly...and in fact the more we know the more we know there is more to know!**
- **a child not so much...a teenager often knows everything!!**
- **So an adult He/she puts childish ways away... selfishness ... irresponsibility...temper tantrums...running away.. blaming others for our actions...that gets put behind them...behind them...**