

# **CHANGE AND CONTROL**

## **Part 2: Mind Control Without Weirdness**

### **AREAS TO EXERCISE CONTROL** *(Psalm 34:1-3 NKJ)*

#### **A. Praising God**

1. I choose what is continually in my mouth

#### **B. What I boast about**

2. Giving the Lord the proper credit

#### **C. What I magnify in my life**

1. Magnifying the negatives will not relieve the pressure *(Matthew 6:22-23 NKJ)*
2. The process of magnification *(Joshua 1:8 NKJ)*
3. Magnifying the Lord *(Psalm 118:28 NKJ)*

### **MIND CONTROL CAN BE A VERY GOOD THING**

#### **A. A beneficial life-long process** *(Romans 8:6 NKJ)*

1. Thoughts are not harmless - they produce

#### **B. God never wanted His people troubled and tormented** *(Deuteronomy 28:65-67 NKJ)*

1. People who had turned away from God became susceptible to these problems
2. We have a covenant with God through Jesus *(Galatians 3:13-14 NKJ)*

#### **C. Freedom from mental oppression has been purchased for us**

1. We have to enforce that freedom *(Ephesians 6:10-11 NKJ)*
2. Some of the greatest conflict is the mental pressure we endure *(John 14:27 NKJ)*
3. We have to embrace the spiritual truth that we are not the ones dominated by outside forces or influences

### **LEARNING TO CONTROL THE MIND/THOUGHTS**

#### **A. Filtering the thoughts, feelings and impressions**

1. We have to be able to recognize which ones are wrong
2. God's truth is the best filter in sifting out wrong thoughts and impressions