

What We Think about God's Truth

The Power of Our Thoughts

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Introduction One of the deepest cravings of the human heart is to know the truth. God wants us to grow in our understanding of His Truth. But this can be confusing, at times: not only as to what truth **IS** but also what it **DOES** and how it **WORKS** in our day-to-day lives. So that is why I have selected **1 Corinthians 2:9-16** as our Scripture reading. This passage gives the process by which a Truth passes from the mind of Christ to our mind.

What is Truth? Truth is one of God's attributes. The word "Truth" occurs in the Bible more than **two hundred times**, 100 times in the Old Testament and 100 times in the New. The Greek word for Truth is *aletheia*: "**validity**" (Ephesians 4:21); "**reliability**" (Romans 3:4 & 7); "**veracity**" (accuracy of statement: Luke 4:25)). **The enemies to Truth are lies, deception, gossip, half-truths.**

Pilate asked the Lord Jesus: "What is truth?" ~John 18:38. And as suddenly as he asked the question, he turned away from the One who is "the Truth" without waiting for an answer. Pilate was looking at the Truth and did not recognize Him, for Truth is Jesus Christ. **Truth is knowable because we have the Truth-giver—Jesus Christ.**

Truth is not open to reevaluation or redefinition. Truth is a clearly defined entity, the ultimate reality, what resides in the God of the universe. **Every Truth belongs to God.** God's Word makes objective claims that are true for everyone; therefore, there are eternal consequences for everyone. That is true whether people believe it or not—God's Truth is for everyone in all places—at all times.

"Jesus said, 'I am the Way and the Truth and the Life.'" ~John 14:6 We would be in a truly hopeless situation were it not for the Lord Jesus. He is the Truth. That's Truth with a capital "T." So we could **know** the Truth and **see** the Truth, Jesus Christ came.

Grace and Truth came through Jesus Christ. ~John 1:17. **Grace** is God's favor and kindness bestowed on those who do not deserve it and cannot earn it. Everyone needs God's grace. If God dealt with us only according to Truth, none of us would survive: "For all have sinned and fall short of the glory of God." But **God deals with us on the basis of grace AND Truth:** "For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast." ~Ephesians 2: 8-9

Grace without Truth would be deceitful; and Truth without grace would be condemning. Therefore, grace and Truth are inseparable.

The Spirit of Truth will guide you into all Truth. ~John 16:13 Apart from the help of the Spirit of God, we cannot know God's truth. The Spirit illumines the Word so we may understand it.

"In whom you also trusted after you heard the word of Truth, the gospel of your salvation" ~Ephesians 1:13 When you become a Christian, you come "to the knowledge of the truth" ~1Timothy 2:4. And as a new believer, you have opened the door a crack to God's Truth as His light shines into your mind. Here a little, and there a little, line upon line, precept upon precept, fragment by fragment, and slowly the Bible, God's Truth, begins to make sense.

God's truth is undiscoverable by the natural (unsaved) person. And even if she wanted to understand God's Truth, she couldn't because the things of God are "spiritually discerned." She is in spiritual darkness because she refuses to put her trust in the true "Light of the world," the Lord Jesus Christ ~John 8:12. **Light bears witness to itself.** It tells you it is there. "Light" is a symbol of God and His holiness. The Lord Jesus says He is THE Light.

The Gospel goes much deeper than our feelings or behavior; it is deeper than what we think we are. The good news of the Gospel flows down to our self-concept, soaking into the hard, dark places where our self-image is at odds with what God thinks of us. God is not angry with you. He is not displeased with you. God is pleased with Christ's sacrifice on the cross—His death and resurrection. For **God so loved you . . .** that He gave His only begotten Son. ~John 3:16

Sanctify them by Your Truth. Your word is Truth. ~John 17:17. The Lord Jesus promised that the Holy Spirit would teach His children and guide them into all Truth. Our desire is to know the Word of God, so we can have a greater relationship with the God of the Word—the Lord Jesus.

Be careful what you think. Your life is shaped by your thoughts. ~Proverbs 4:23. Solomon teaches us about protecting our most vulnerable part—our heart, used in Scripture to describe our mind. "Guard your heart," he writes to his son, "because from it everything else of life flows." **God's Truth guards our heart.** We venture into enemy territory every day, but with God's Truth guarding our heart, we can think upon things that are true. In order for our thinking to change, it has to begin from the inside out.

God knows the secrets of the heart. ~Psalm 44:21. Women speak around 25,000-30,000 words per day and process about 70,000 thoughts that no one hears but God. **How many of the 70,000 thoughts do we filter through Scripture?** Too often we filter them through our emotions. It's so easy to struggle with envy, bitterness, anger, self-loathing, or harmful attitudes and lies rather than directing our thoughts to God's Truth.

The Five Second Rule. _When a defeating thought enters your mind, you have about five seconds to take that thought captive and not let it run wild. **This doesn't mean to examine every single thought we have.** It means to stop and take a good look if it's a hurtful thought, a doubtful thought, self-centered thought, critical thought, angry, proud, or any thought that takes away your peace. Replace the thought with God's Truth.

The Highway of Our Mind: "This is something of utmost importance because it's a law of life if a person thinks of something often enough, he [or she] will come to the stage when he can't stop thinking about it. His thoughts will be quite literally in a groove out of which he cannot jerk them." ~William Barkley

"You are not stuck with the brain you have. You can make it better. You can literally change your brain and when you do, you change your life. How you feel is often related to the quality of your thoughts. If you direct your thoughts to what you are grateful for, then your brain will work better." Dr. Daniel Amen, neuroscientist

Mind Renewal ~Romans 12:2:**Renew means to exchange one thought for another.** When we renew our minds with God's Truth, we're exchanging our thoughts for God's thoughts. We are rewiring our brain from the inside out. We change our thoughts and our thoughts change our attitude and our attitude changes our feelings and our feelings change our behavior. What we think determines how we behave.

The Eagle—Symbol of Our Renewal: Isaiah 40:31 Our mind needs renewal because, too often, it gets in the way of seeing Truth clearly. All of us suffer from faulty ways of thinking. Each is a barrier to seeing the Truth for what it is.

1. **Lie:** "I'm not good enough." **Truth:** "You shall know the Truth and the Truth shall set you free." ~John 8:32

Make yourself at home in the love of Christ. There is something you can know. There is something you can experience that no one else can except a believer in Jesus Christ—and that is how much God loves you. His love is "deep and wide."

Beholding as in a mirror the glory of the Lord . . . being transformed into the same image" ~2 Corinthians 3:18. God loves you too much to let you live with a wrong impression of

yourself. God sees every single situation from a different vantage point. He sees how we were raised, what's happened to us, knows our disappointments, our fears, our anxieties. He's the One who knows everything about us. **And the One who knows us the best loves us the most.**

2. **Lie:** I would be happy if _____. **Truth:** I have learned to be content whatever the circumstance ~Philippians 4:11.

"I have learned the secret to be content." God has secrets, and the "secret things belong to God." There are some things He has not shared with us for "His thoughts are higher than our thoughts." But there are some secrets He has shared with us: the secret of contentment—one of God's best kept secrets.

The Secret Code:4:13 (Philippians). The "all things" in this verse are whatever lies before you today. God will give you the strength to get up in the morning and face each situation. The Lord Jesus can help you with that. In Christ, He infuses us to live with contentment, no matter what the circumstances.

3. **Lie:** My situation appears hopeless. **Truth:** No temptation has overtaken you except such as is common to man; God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make **the way of escape**, that you may be able to bear it. ~1 Corinthians 10:13

In early Greek usage, this term "escape" had the sense of a landing place. It was a nautical term. This idea is not that God will enable us to escape trials, but that He will enable us to land safely on the other side. The Lord Jesus is our way of escape. "I will lift my eyes to the hills, from whence comes my help? My help comes from the Lord, who made heaven and earth." ~Psalm 121:1-2

How precious are your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand. ~Psalm 139: 17-18. **Live your life in the sense of God's greatness.** You are a child and heir of God by faith in Jesus Christ.

I have learned to stop asking God "Why?" But I have asked Him "How? How can I go forward?" The answer comes back: "By faith."

And "just do the next thing." It may be simply getting out of bed or up off the couch. Or getting out of the house. Or doing the laundry or dishes that have been sitting in the sink. And as you do, ask God to give you joy in some small yet noticeable ways.

Speak the Truth in love. ~Ephesians 4:15 Life controlled by Truth and motivated by love is a beautiful life. The Lord Jesus is a picture of that life. We not only speak the Truth in love but seek to live the Truth in love by the power of the Spirit of God.

God's Truth endures to all generations. ~Psalm 100:5. Truth was true in Pilate's day and is true now and will be true forever more. It applies to all people in all times and in all places. Truth is timeless. God's Truth is intended to be passed onto the next generation.

Lead Me in Your Truth . . . and teach me. ~Psalm 25:5

Conclusion: Stand therefore, having girded your waist with Truth. ~Ephesians 6:14

The father of lies is going to continue to spiritually attack all of us, and the main focus of that attack is our mind. "Our struggle is not against flesh and blood, but against the spiritual forces of evil in the heavenly realms." Satan's fiery darts can only be extinguished by faith and putting on the armor of God.

It doesn't take more willpower, more self-discipline, more fortitude to win the battle—simply trusting the Lord and His love for you—then choosing to believe it.

So destructive thoughts and lies—be warned! You aren't winning the battle in our minds any longer! "We are more than conquerors through Him who loved us."

~Romans 8:37

If there is one thing God wants for you and me to realize is of our victory in Christ Jesus. We are not to feel defeated before the day begins. He wants us to be victorious right from the get-go, to be more than conquerors. Why? **Because He loves us.** Through the Holy Spirit, God has given us His Power to resist sin; power to live a happier life; power to bear the burden of each day; power to minister to others; power to achieve victory over destructive thoughts.

➤ **This is my prayer for you: Ephesians 3:14-21.**