

# What Are We Thinking At This Moment?

The Bible has a great deal to say about our thoughts, because it is through our thoughts that God seeks to mould our character to become more like Him.

**Our voluntary thoughts not only reveal what we are but also predict what we will become, our eternal destiny.**

By our “*voluntary thoughts*” I mean what we think about when we are freed from concentrating on our day-to-day tasks.

Except for the response to our natural instincts for physical protection and prolonging of our lives, all our conscious behaviour arises out of our voluntary thoughts.

**To a large degree even our emotions are a product of our voluntary thoughts.**

The saying “*the more I think about it the more angry I get*” is very true. It is an accurate account of our natural mental process.

This link between thought and emotions can work both ways, for our emotions can trigger off our thoughts.

**Thinking stirs feeling and feeling triggers actions.**

That is the way we are made and we need to accept this fact and allow such knowledge to help us make wise decisions.

**Proverbs 14:17** [NIV] “*A quick-tempered man does foolish things, and a crafty man is hated.*”

**Proverbs 16:32** [NIV] “*Better a patient man than a warrior, a man who controls his temper than one who takes a city.*”

Our thoughts create the climate for good or evil to develop.

**Psalms 119:59** [NIV] “*I have considered my ways and have turned my steps to your statutes.*”

**When we stop and think about our lifestyle and the fruits of such a way of life, we can be prompted to turn to follow God’s way of life.**

**Psalms 39:1-5** [NIV] “*I said, “I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence.” But when I was silent and still, not even saying anything good, my anguish increased. My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue: “Show me, O LORD, my life’s end and the number of my days; let me know how fleeting is my life. You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man’s life is but a breath. Selah”*”

[“*selah*” means pause and meditate on what you have just read]/

Good advice from King David. Shut our mouths, meditate in silence away from others, open up our heart and realise how short our lifespan is to convince our Creator we are worth preserving for eternity.

**Over and over again the writers of the Old Testament encourage us to meditate about Holy and Godly things.**

Such meditation is essential as the starting place for changes that are necessary in our lifestyle, or the enacting of a good deed or any planned courageous act of sacrifice.

**Job 32:8** [NIV] *“But it is the spirit in a man, the breath of the Almighty, that gives him understanding.”* [**Proverbs 20:27; 1 Corinthians 2:11**].

Human thought is the nearest we can ever get to God power, for it is the product of the “*spirit of man*” in us.

**It is the union of our human spirit and the active Holy Spirit in us that produces in us the attributes that God the Father desires in His children.**

**Galatians 5:22-23** [NIV] *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”*

Physical fruit is the product of the union of the separate elements and the absorption of nutrients from outside of two united elements.

Jesus used this analogy to describe how we were to develop spiritually.

**John 15:1-5** [NIV] *“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.”*

How are we joined to Jesus “*the vine*”?

**John 14:15-17, 20** [NIV] *“If you love me, you will obey what I command. And I will ask the Father, and he will give you another Counsellor to be with you for ever-- the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.” ... “On that day you will realise that I am in my Father, and you are in me, and I am in you.”*

We are joined to Jesus by our union with the Holy Spirit.

**2 Corinthians 10:5** [Message Bible] *“... fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.”*

“*Loose thoughts*” can lead to evil.

**Matthew 5:28** [NIV] *“But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”*

God knows that thoughts lead to action. When we become aware of this fact we can use it to our advantage, use it to help us become more God-like.

**Philippians 4:8-9** [NIV] *“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things. Whatever you have learned or received or heard from me, or seen in me, put it into practice. And the God of peace will be with you.”*

Paul knew and had put into action in his life, control of his thoughts to such an extent that he had the courage to tell others to look to his personal example of what changes control of our thoughts can make to our lives.

**Thinking about God and Holy things creates a moral climate favourable to growth of faith, humility, reverence and love.**

We cannot by thoughts alone take away the penalty of our sins.

Neither can our thoughts alone add to our character nor make evil good or darkness light.

But we can by Holy Spirit inspired thoughts make our minds acceptable for the Holy Spirit's influence.

In this society we will be bombarded with words, sounds and sights that are in no sense elevating or holy.

But such influences don't need to have any power over us if we get rid of any thoughts that they generate as quickly as possible.

**We all need to examine and evaluate what "our voluntary thoughts" are.**

When we are free to think about whatever we please, what do our thoughts turn to?

Such a test is easy to run and if we are honest we will then discover not only what we are but what we are going to become.

Our thoughts stir our feelings and then strongly influence our will and actions.

But the reversal is also true, our will and actions can strongly influence our thoughts.

Every normal person is able to determine what they are thinking about.

**Philippians 2:5** [Amplified Bible] *"Let this same attitude, purpose and humble mind be in you which was in Christ Jesus..."*

**The best way to control our thoughts is to offer our mind to God in complete surrender.**

**Matthew 26:39** [NIV] *"... my Father, if it is not possible for this cup to be taken away from me. Yet not as I will, but as you will."*

Jesus was at all times completely subjective to His Father's Will. The Holy Spirit was always in control of Jesus' life. A constant special presence.

**Romans 12:1** [NIV] *"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, this is your spiritual act of worship."*

When we surrender our lives totally to God as an act of worship, the Holy Spirit will accept our life and take over control of it immediately.

Then it will become relatively easy to think on spiritual things, especially if we train our thoughts by long periods of daily study of God's Word and prayer.

**1 Thessalonians 5:17** [NIV] *"...pray continually;"*

Long practice of mental prayer (that is talking to God inwardly as we work or travel) will help us to form the habit of Holy thought.

**Remember what we think today is what we become tomorrow.**