

## April 10 Adult Spiritual Growth Class Synopsis

### *Anxious for Nothing: Chapter 9: Think about what you think about*

**Lucado states that your challenge is not your challenge. Your challenge is the way you think about your challenge. Your problem is not your problem; it is the way that you look at it. Do you agree? Why or why not?**

**Whom do you go to when you hear bad news? Where is God on the list? What does His position on the list say about your belief in His ability to solve your problems or His desire to hear your prayers?**

Philippians 4:8 instructs us to *fix our thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.* If we truly think about what we think about, then our thoughts should reflect only those above. Such thoughts provide a vacation from dwelling on the negative things that affect our lives. The eyes of our hearts are open to ascertain the great value of so many blessings that God brings our way every day. We lose track of time being amazed by the good with which God has blessed us and in the very goodness of God Himself. The good in our friends, family, coworkers, and even our enemies become clearer as we see them through the eyes of Jesus. We put aside the petty and the selfishness and yearn for that which is true, pure, lovely, and excellent - our God in Christ Jesus, who is worthy to be praised.

Proverbs 4:23 tells us *to be careful what you think because your thoughts run your life.* There is an intensity and urgency in this earnest pleading to guard your heart above all else, and in scripture the heart is the seat of the thoughts, the will, the conscience and the emotions. The heart is the storehouse for wisdom and all that influences the life and character of an individual, and Jesus reminds us that we should love the Lord our God with all our heart, soul, mind and strength, with every part of our inner being. We have been endowed with reason and choices, with emotions and a will, which is bound up in our hearts – and we have been given them by God to glorify Him and to enrich our lives.

The story of Martha and Mary in Luke 10:38-42 teaches us what (who) is most important in our thoughts and in our hearts. Martha is preparing to host Jesus and his disciples for dinner in her home. In the meantime, Mary, her sister, sits at the feet of Jesus listening to what He is saying. Martha, distracted by all the preparations that had to be made, calls out her sister Mary to Jesus. “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” Martha offers her best, but it is misguided. In her sincere efforts of hospitality, she misses the relationship with Jesus Himself. “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” We, as with Martha, are to remember always that only one thing is needed – a relationship with Jesus.

Paul’s words in Philippians 4:8 make it clear when unknowns come our way, instead of responding with anxious thoughts, we need to hand our minds over to Christ. We need to let Him control our thoughts with His truth. As Christians, we are set apart for God’s use, therefore, our thoughts and ways should be those of God thoughts and ways. *Let this mind be in you, which was also in Christ Jesus* (Philippians 2:5). As Christians, we must always be watchful and alert, being careful about what thoughts we allow to enter our mind, the words that enters our ears, and the things we allow our eyes to see and ponder upon. We must be able to discern between what is of God and what is of the adversary. We have the Holy Spirit inside of us, leading, guiding and directing us into all truth, even in our thoughts. The call is to be alert in our thinking by thinking about what we are thinking, because it is out of our thoughts where the seeds of action are planted and begin to take root in our hearts and actions.

The Apostle Paul offers us some help in dealing with the way we think, and the thoughts that comes to the minds of all of us. “Although we live in the world, we don’t fight our battles with human methods. Paul tells us that as Christians we are to bring every thought into captivity to Christ. (2 Corinthians 5:10). In other words, think about what we are thinking and if it does not line up with God’s Word, reject it immediately! Enhancing our thinking according to the word of God MUST become a priority in our lives so that we can continue to fight the battle that rages in our minds daily between the spirit and the flesh.

Lucado states that when the source of our anxiety is a reality, make a list of other truths that are good and lay claim to every biblical promise that we can remember, and set out to learn a few more. We can claim Psalm 103:1, “Bless the LORD, O my soul, and all that is within me, bless his holy name. The expression “all that is within me” conveys the desire to use our mind and heart, our will and faculty in remembering God’s goodness in the past and in the present. We find assurance and hope in *Psalm 8:4-5* knowing that God cares for us and places us in a favored position with Him: “*What are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than the angels and crowned them with glory and honor.*” In *Psalm 121:8*, we can find peace and assurance knowing that God is with us always: “*The Lord will watch over your coming and going, both now and forevermore.*”

Guided by Romans 12:1-2 (The Message), we are to take our everyday, ordinary life—our sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. We are to fix our attention on God and we will be changed from the inside out. We are to readily recognize what he wants from us, and quickly respond to it, knowing that God brings the best out of us.

Song to reflect and pray on:

[\(527\) Chris Tomlin - Is He Worthy? \(Lyric Video\) - YouTube](#)

## Looking ahead – Sunday April 24

Anxious for Nothing: Finding Calm in a Chaotic World

Section 4: Meditate on good things.

Chapter 10 – Cling to Christ.