



CAPTURING EVERY THOUGHT

2 CORINTHIANS 10:5

The following notes are from a sermon given by Pastor Wayne Flowers
on May 17th, 2020 at Smythe Street Church, Fredericton NB.

Capturing Every Thought – Sunday May 17th, 2020

Pleased to bring this to you each week with the hopes that it will be a blessing.

Special thanks to those who make this happen....stage (which looks so nice)
Cameras and audio – thank you for serving.

We are indeed living through some fragile and difficult times.
Even though we are encouraged to see some positive signs of change.

Who can deny that this has been a challenging time?

The biggest battles in our lives is fought in the world of our thoughts.
You may feel battle weary and beaten up mentally, emotionally and spiritually.

God will give you the tools you need to help you win the battle for your thoughts!

That is why I would like to talk to you about ***“Capturing Every Thought.”***

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2nd Cor. 10:4,5 (NIV)

...we take captive every thought to make it obedient to Christ.

What do these verses have to do with having a healthy and godly thought life?

Paul was defending himself against attacks on his character and leadership.

He gives us a picture of a spiritual and mental battle.

The arguments and pretentious claims against him were like strongholds.

Paul was determined to tear them down and destroy them.

Paul uses an interesting phrase and illustration...

He says he will take captive every thought and bring it into obedience to Christ.

He sees thoughts like enemy soldiers who can hide and lurk in the back alleys of our mind and exercise their covert and guerrilla warfare against us.

Let's make the truth of this passage personally applicable to our life.

There are mental, spiritual and emotional strongholds in our life that God wants to enable us to tear down, destroy and demolish.

Particularly God wants to enable you to capture those enemy soldiers called “toxic thoughts” and put them in submission to the glorious truth of who Jesus is and what he came to accomplish in us.

Why is this so important?

When it comes to our personal well being, joy and happiness, there is nothing as powerful and as consequential as our thoughts.

Our thoughts affect and control our feelings and emotions, our words, our actions, our beliefs and ultimately our destiny.

The essence of peace, joy, happiness and contentment is found in our thoughts.

We are what we think!

Thoughts → beliefs → emotional strongholds → spoken words → actions.
Toxic thoughts gain strength as we fail to interrupt them and challenge them.

We have a choice!

The goal is to interrupt, capture and subdue those toxic and debilitating thoughts.

How will we get there? What are some of the tools God places in our hands?

1. Embrace the encouragement others bring.

What does this look like?

- Do not do this alone.
- Toxic thoughts flourish (like mould) when not exposed to supportive community.

A trusted friend can:

- Listen.
- Pray.
- Share encouraging experiences.
- Walk with you and keep you accountable.

Isolation feeds our insecurity and fear.

Shame build walls that lock us in.

2. Focus less on self and more on others.

Much of the mental battle centres around thoughts of our worth and value.

Am I good enough? Am I a failure? How do I compare?

We think the answer is to try harder and prove our worth.

The answer is actually to forget ourselves and serve others.

Exaggerated self importance eventually implodes into mental chaos.

Pedestals are terrible places to live.

Humility, serving, loving and elevating others allows us to relax and be at peace!

3. Be in awe of our amazing God.

Awe: Experience deep feelings of reverential respect mixed with fear and wonder.

So many studies have determined things like the following:

If people experience a sense of awe—a sensation of being a part of something much larger than themselves—it prompts them to behave in a more giving manner, towards others. **Being awe-struck pulls you outside of yourself.**

As believers we know that being in awe of God...His creation; we are fearfully and wonderfully made; His love for us through the cross; forgiveness and redemption; His eternal plan for us...**brings us an amazing sense of peace and purpose!**

Closing thoughts and Verses: (Have Jill come and play “Peace, Wonderful Peace.”)

When it comes to winning the battle of your thoughts – We have a choice!!

We can choose to be known!

We can choose to love and serve God and others!

We can choose to be in awe of greatness of God!

We can choose to surrender our anxious thoughts to God.

We can choose to think on the right things!

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, 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**. Phil. 4:8 (NIV)