

# OPEN BIBLE CHURCH

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## SERMON TITLE

You are what you Think

## SERIES

## DATE

3/16/2025

## KEY SCRIPTURE

Proverbs 23:7 and more

## SYNOPSIS

What we focus our minds on will shape who we are.

## HIGHLIGHTS



## ☞ You Are What You Think

The old adage is “you are what you eat,” but that isn’t really true. If it were, I’d be the sweetest person you’ve ever met! But, I’m not turning into a six-foot tall brownie. The real truth is the title of today’s message – You are what you Think.

**From last week:** we talked about Watching for God-Winks, and part of that is to set our hearts and minds on things above. What we choose to focus on has a huge impact on how we see and experience life.

☞ **Proverbs 23:7** says, “**as he thinks in his heart, so is he.**”

The people who always seem to be happy, upbeat, and fulfilled with their lives are the people who are always thinking about and dwelling on the more positive things in this life. They choose, with their own free wills, to think this way. No matter what happens in their life, they always find a way to see the bright side. The people who are not happy and fulfilled, who are always pessimistic with negative attitudes towards everything, are all choosing to think that way. No matter what good may come their way, they always think that something better should have come their way. Your attitude is a choice and it is strongly affected by how you think.

All of us are born with an innate tendency to sin. It is natural to process our thoughts through the lens of sin, and therefore, be negatively affected in all areas of life. But, as believers, we don’t want ☞ to just be natural. We want to become more and more Christlike. So, **we need to renew our minds.** **Romans 12:2** (NLT) says, “Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

**Ephesians 4:22-23** (NLT) says, “throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes.”

Our job is to work closely with the Holy Spirit as he targets specific areas in our thinking where we are really off base. It will be up to you to choose to work with Him to get that particular area cleaned up. If He tells you that you are too judgmental or too critical of others; if he tells you your thoughts are lustful or greedy or prideful, then your part will be to do the best you can to control those types of destructive thoughts and replace them with more godly thoughts.

**2 Corinthians 10:4-5** says, “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 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.”

☞ **Our thinking does not control us – we control it!** We are responsible for choosing what we think about and to make sure that it always lines up with the Word of God. We cannot blame anyone else if we have chosen to constantly dwell on the lies of the enemy or the negative side of this life. What you choose to think about and dwell on in this life can make or break you. We can either choose to



think about good and godly things – or we can choose to think about bad and evil things. God has given us the ability, and the choice is ours.

*We all gets tons of flashing thoughts that will cross into our minds over the course of a day. It's not the bad thought that may flash across your mind that will get you in trouble – it is what you decide to do with that bad thought once it crosses your mind. You can either choose to let that bad thought slide right out of your mind, or you can choose to really start thinking about it and dwelling on it. And once you start to really think about and dwell on that bad thought – you will then start to feed it. And once you start to feed it – it will start to grow. And once it starts to grow – it can lead to a mental stronghold that you will have a hard time getting out of your thought process. And once that mental stronghold starts to grow and get deeper and stronger – you will start to get an actual desire to want to act out on it. And once you start to act out on it, an actual addiction can start to form where you will want to keep repeating the same behavior over and over again. And then it is going to be extra difficult for you to get free from this addictive and compulsive behavior! And to think that all of this started with just one, simple, little thought crossing over into your mind, and you then caused it to grow by constantly thinking about it and dwelling on it. We cause most of our own bondages. But there is also an enemy that wants to help us create those strongholds.*

Satan is really good at lying. It's not just a part of him, it is his character. **John 8:44** says, "When he lies, he speaks his native language, for he is a liar and the father of lies." Let's contrast some of his ☞lies with God's Word... (**Lies vs. Truth**)

☞**Your past defines you, but Galatians 2:20** says, "I have been crucified with Christ and I no longer live, but Christ lives in me.

☞**You are inadequate, but Philippians 4:13** says, "I can do all things through Christ who strengthens me."

☞**You can't win against sin in your life, but 1 Corinthians 15:56-57** says, "The sting of death is sin, and the power of sin is the law. 57 But thanks be to God! He gives us the victory through our Lord Jesus Christ."

Some of us buy into the lie that we have to be perfect in order for God to love us. But Jesus died for us while we were still sinners, so we know that's a lie. On the other side of the spectrum, however, are those who believe that sin is no big deal. *It is a big deal.* Jesus didn't die on the cross for something that was "no big deal." The enemy likes to use both of these extreme views of sin to handicap our growth in Christ.

☞**Fellowship with other believers is optional, but Hebrews 10:25** says, "Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching." Plus, all of the "One Another..." bible verses.

☞**You are all alone, but Deuteronomy 31:8** says, "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." God is always with you. Plus, there are others who understand your situation. **1 Corinthians 10:13** says,





“No temptation has seized you except what is common to man.” And, **1 Peter 5:9** says, “you know that your brothers throughout the world are undergoing the same kind of sufferings.”

☞ **We should fear the enemy, but Colossians 2:15** says, “(Jesus) **disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.**” And, **1 John 4:4** says, “the one who is in you is greater than the one who is in the world.”

Satan’s power comes from his deception. So, if you are armed with the truth, the enemy has no power in your life. He only gains power when you believe him. When we recognize the lies of the enemy, we can combat them with the truth of God’s Word. If this sounds like a lot of work, consider it this way: If you needed a pill every day to keep you alive, you would probably take it, right? I urge you to consider it that important to study the Word daily. The Word will keep you on track and help you to flourish in life.

We have to think God’s truth daily because it is the only thing we know that sets us free. Knowing who we are in Christ and what we have in Christ is the key to setting our course and staying on track every day.

☞ So, **read the Word and think the Word** every single day. Put Post-it notes of Scriptures on your mirror. Have the YouVersion bible read to you as you get ready in the morning. Listen to Christian radio or music on your drive to work.

Know the Word and take those thoughts captive. Now, when someone is taken captive, he is still alive, but held in confinement, contained and under control. Sometimes our thoughts will not die, but we can take them captive and control them. We have the power to intentionally quit thinking that way and think new thoughts based on God’s truth.

So, talk to yourself. Encourage yourself. Build yourself up. Tell yourself the opposite of all the lies you’re hearing. When the enemy screams... *You are hopeless; you are useless; you’re not good enough; you’ll never measure up*, tell yourself **the truth...**

- ☞ **I am alive with Christ. ([Ephesians 2:5](#))**
- I am a new creature in Christ. ([2 Corinthians 5:17](#))**
- I am the righteousness of God in Christ Jesus. ([2 Corinthians 5:21](#))**
- It is not I who live, but Christ lives in me. ([Galatians 2:20](#))**
- Greater is He who is in me than he who is in the world. ([1 John 4:4](#))**
  
- ☞ **I am greatly loved by God. ([Romans 1:7](#); [Ephesians 2:4](#); [Colossians 3:12](#))**
- I can do all things through Christ Jesus. ([Philippians 4:13](#))**
- I am God’s workmanship, created in Christ for good works. ([Ephesians 2:10](#))**
- I am more than a conqueror through Him who loves me. ([Romans 8:37](#))**

(There’s a 10-page paper at the Information Center that I put together years ago that covers all these and many more; if we run out, email the church and we’ll make more.)



The devil is at work trying to get you to believe his lies. On the other hand, the Spirit is working in you to renew your thoughts and actions. You can choose who you will partner with – the Enemy or the Lord. It's your choice. If you want to be more Christlike, then when the devil is screaming his accusations, it's important to counteract them with God's voice. So, make conscious choices and put forth effort to reprogram your mind.

☞ **Think about what you're thinking about.** Stop yourself in your tracks when you're thinking the wrong things and fight back with the Word of God. Today, let's take charge of our thinking! Let's change our thinking! Let's think as God thinks!

**Philippians 4:8** says, **“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.”**

**You Are What You Think**