

FREED FROM ALL THINGS

Acts 13:39 and through Him everyone who believes is freed from all things

Class 1 – Protecting Your Freedoms - Lesson Two

RIGHT THINKING

Proverbs 23: 7 - For as he thinks in his heart, so is he.

Matt 12: 34 - ...For out of the abundance of the heart the mouth speaks.

What are you thinking in your heart?

1. **HEART** - Your heart is the core of who you are.

The heart is your “soul” Your soul is:

- a. Your mind
- b. Your will
- c. Your emotions

Genesis 6:5 Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his **heart** was only evil continually

Write down what you are thinking, wanting and feeling right now.

Psalm 51:10 - Create in me a clean heart, O God, And renew a steadfast spirit within me.

Matt 6: 21 - For where your treasure is, there your heart will be also.

Matt 5:8 - Blessed are the pure in heart, For they shall see God.

Matt 12: 35 - A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.

Psalm 34:14 - Depart from evil and do good; Seek peace and pursue it.

2. **THINKING** – Thinking always precedes (comes before) feelings. Sometimes it just “feels” like we have a feeling or emotion first, and then we think about it. When in reality, it is in this order:
 - a. Subconscious thought
 - b. Emotion or feeling
 - c. Subsequent Behavior

To understand how our thinking is organized, we have to understand what triggers us to think the way we do! The enemy has planted a lot of half-truths and lies in our thinking processes to try to keep us from exercising the truth of God’s Word (which means doom for the enemy’s kingdom of darkness!) Let’s explore our thinking patterns...

Take examples of a situation where right and wrong thinking are used (or use the following examples):

Wrong Thinking

1. No one will ever love me
2. I’m too stupid to ...
3. I am afraid to

Right Thinking

1. Let us love one another ... for God is Love - 1 John 4:7-8
2. I have been given the mind of Christ – I Cor 2:16
3. God has not given us a spirit of fear but of power, love and a sound mind – 2 Tim 1:7

Satan sets up strongholds in our thought life. It is the same strategy that he used on Eve in the garden. He didn’t have the power to take her captive. He had to convince her to *willingly* surrender herself to his control and influence. He had to cause her to want to follow him. He had to plant seeds into her mind that she would act on – thoughts that were lies. She had to become *deceived*.

3. **DISSONANCE – in the Believer**

- a. **DISSONANCE:** lack of agreement; *especially:* inconsistency between the beliefs one holds or between one's actions and one's beliefs;
- b. **COGNITIVE DISSONANCE:** psychological conflict resulting from incongruous (*incompatible; disagreeing*) beliefs and attitudes held simultaneously (at the same time);
- c. **COGNITIVE AFFECTIVE DISSONANCE:** *psychological conflict which is brought about by intense emotion both of which disagree with ascribed attitudes and belief structures.*

- Where there is *Dissonance* you find yourself behaving in a way that is not in line with what you believe.

Write down some examples of Dissonant behavior:

How do we counter this dissonance? By replacing what we are **doing with behavior that is pleasing to the Lord.**

- **Cognitive Dissonance** is when we are thinking in ways that are not in line with the Word of God.

Write down some examples of Cognitive (thinking) Dissonance:

We **correct our wrong thinking by replacing it with the Word of God** and agree with the Lord that we will believe His Word no matter how we are *feeling*.

- **Cognitive Affective Dissonance** is when our emotions are so strong, they *persuade* (**not cause**) us to think and behave in ways that are contrary (opposite) to the Word of God.

Overcoming Cognitive Affective Dissonance requires we go beyond our feelings and do what is right (what the Lord would want us to do) and replace our wrong thoughts with Godly thoughts, even when our emotions are not in agreement.

Examples of Cognitive Affective Dissonance:

1. Anger that wants to explode toward another person.
2. Desire for sexuality when it is not approved by the Lord.

In both these examples, as Christians we know what is right and what we should do, even though our feelings and thoughts are telling us to do something else. Stand firm in what is right!

Thoughts always come first. If we learn to replace our ungodly thoughts with the Word of God, we will overcome our wayward emotions. If we have truly forgiven those who have hurt us, if we forgive ourselves, old wounds in our thinking processes will become “written over” (like overwriting on a tape or CD) with the Word of God and right thinking patterns. Then our subconscious mind will begin to feed us new patterns that are pleasing to the Lord.

Jer 31:33 - I will put My law within them and on their **heart I will **write** it;**

For the Christian, we are not to follow our emotions – this will most often lead us to compromise and then shame. We are to OBEY the Word of God, *then* the good emotions will follow. When we know we have pleased the Lord, we find our place of peace and rest in Him.

1 Pet 2:20 ... But if when you do what is right and suffer for it you patiently endure it, this finds favor with God.

Affirmation Sheet - To help you learn to love yourself and others. (Go through sheet and give instructions on using).

Blessing Sheet - To help you avoid being angry with others, bless them! (Instruction on using blessing sheet).

Next week we will study “*Right Speaking*” - how to choose to believe the Word of God and speak it into existence in your life!