

Psalm 119, "A Day in the (Thought) Life"

- ☞ Let's talk about your brain. We think between 6,000 and 70,000 thoughts per day. 16 Waking Hours = Between 7 and 70 thoughts per minute. There are three stages in critical analysis (1) Comprehension, (2) Analysis and (3) Evaluation. What We Think, How We Think is Circular, Is GOD in your Circle? Good Ideas verses God's Ideas, Psalm 119:11 "Your Word I have hidden in my heart, that I might not sin against You." Knowing God's Word keeps you on track. How has this verse worked for you? As BELIEVERS, we have a built in desire to please God and not sin against Him. After all, we recognize what He has done for us He rescued us from eternal death.
-

Sin recognition of sin is buying into God's grand system. He gets to decide what is and isn't sin, not us. The two types are sins of commission and sins omission.

- ✓ 2 Corinthians 10:5, "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."
- ✓ A Guided NARRATIVE of thought, good morning Lord! Psalm 118:24, "This is the day the LORD has made; let us rejoice and be glad in it." Psalm 119:105, "Thy word is a lamp unto my feet, and a light unto my path."
- ✓ Feeling Tired, not much energy today, Nehemiah 8:10 "The joy of the LORD is your strength."
- ✓ Dozen donuts for breakfast, 1st Corinthians 6:19. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, 1st Corinthians 6:20. You were bought at a price. Therefore, honor God with your body.
- ✓ Okay, you know I'm trying to do what is right!, 1st Peter 1:15. But just as he who called you is holy, so be holy in all you do. Prayer, be with me in all I do today... I've got a meeting.
- ✓ Romans 12:19, "Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord."
- ✓ Is giving a cold shoulder really that bad? Do not take revenge, my friends, but leave room for God's wrath, for it is written, "It is mine to avenge; I will repay," says the Lord.
- ✓ Ephesians 4:26, "In your anger do not sin": Do not let the sun go down while you are still angry, I guess I didn't do that so well last night, did I?
- ✓ Ephesians 4:31, "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice." But you know how she is. I just can't stand being around her.
- ✓ Romans 15:7, "Accept one another, then, just as Christ accepted you, in order to bring praise to God." I know, but she'll be mean... her usual self, I'm sure.
- ✓ Luke 6:28, "bless those who curse you, pray for those who mistreat you." That's Hard, Bless HER!?! , I just CAN'T.
- ✓ Philippians 4:13, "I can do everything through him who gives me strength." She's such a difficult person... not like wonderful me... haha...
- ✓ Romans 3:23, "All have sinned and fall short of the glory of God" I know I shouldn't compare, but at least I'm not as bad as her, right?!?
- ✓ 1st Corinthians 4:4, "My conscience is clear, but that does not make me innocent. It is the Lord who judges me."
- ✓ 1st Peter 5:5, "All of you, clothe yourselves with humility toward one another, because," "God opposes the proud but gives grace to the humble."
- ✓ Proverbs 16:18, "Pride goes before destruction, a haughty spirit before a fall."

THE MEETING

- ✓ James 1:19, "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry" I KNOW she will make me mad. I know, I'll make her look bad. Slant the story against her!
 - ✓ Exodus 20:16, "You shall not give false testimony against your neighbor."
 - ✓ Matthew 22:39, "Love your neighbor as yourself." She is hard to love. I KNOW she will treat me badly again...
 - ✓ 1st Corinthians 13:7, "It (Love) always protects, always trusts, always hopes, always perseveres."
-

Psalm 119, "A Day in the (Thought) Life"

MEETING ENSUES, She IS her usual self.... That's it... You know what she did. I can't let this go!

- ✓ Ephesians 4:32, "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." SHE should be coming to me and asking for forgiveness!
- ✓ Matthew 18:15, "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over." Maybe she doesn't know!?!
- ✓ Matthew 5:23–24, "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." So, if I'm offended, I have to... If I'm the offender... I have to go... I have to go, no matter what?!?! I'm never off the hook?!?! That's a lot to ask.
- ✓ Matthew 6:15, "But if you do not forgive men their sins, your Father will not forgive your sins."
- ✓ Proverbs 19:11, "A man's wisdom gives him patience; it is to his glory to overlook an offense."
- ✓ Proverbs 17:9, "He who covers over an offense promotes love, but whoever repeats the matter separates close friends." Ok, Ok. But this is very stressful!
- ✓ Psalm 46:10, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
- ✓ 1st Peter 5:7, "Cast all your anxiety on him because he cares for you."
- ✓ Ephesians 4:2, "Be completely humble and gentle; be patient, bearing with one another in love."

Wrap Up, Crazy Scenario?!?! The Quantity of minute by minute "Course Correction" Depends on how much "WORD" is hidden in your heart.

- ✓ Psalm 119:11, "Your Word I have hidden in my heart, That I might not sin against You."
 - ✓ 2 Timothy 3:16, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness"
 - ✓ Colossians 3:2, "Set your minds on things above, not on earthly things." Didn't Blow Up! Yay for me! But... I am still torn up inside. I've still got a host of negativity welling up inside of me. Inner turmoil. I think I need to let those in leadership know about her...
 - ✓ Proverbs 17:9, "He who covers over an offense promotes love, but whoever repeats the matter separates close friends." Here we go with the "Love" again...
 - ✓ Leviticus 19:16, "Do not go about spreading slander among your people." But everyone already knows how she is...
 - ✓ Titus 3:2, "to speak no evil about anyone, to live in peace, and to be gentle and polite to all people." Even her?
 - ✓ Titus 3:2, "to speak no evil about anyone, to live in peace, and to be gentle and polite to all people." But you know how she is... she just wants to...
 - ✓ 1st Samuel 16:7, "But the Lord said to Samuel, Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart."
 - ✓ Proverbs 21:2, "All a man's ways seem right to him, but the Lord weighs the heart." I guess I don't know her heart like you do... or even at all?!?!
 - ✓ James 4:12, "There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?" Ok... I don't have the same information.. or attitude as you do, God.
 - ✓ 1st John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." I Repent. Judgy and Proud. Please forgive me. I am willing to do my part.
 - ✓ Proverbs 26:20, "Without wood a fire goes out; without gossip a quarrel dies down." But I'm not really the one doing anything...
 - ✓ Proverbs 16:2, "All a man's ways seem innocent to him, but motives are weighed by the Lord." I guess I barely even know my own motives... let alone hers. I am judgmental sometimes... I'm not really a very good person sometimes.
-
-
-

Psalm 119, "A Day in the (Thought) Life"

END OF NARRATIVE

- ✓ Defending your mind is not a "once in a while" affair. It is as ongoing as your thought life! "Can't Turn it Off!" <https://www.livescience.com/can-you-ever-stop-thinking.html> People who are thinking about "nothing" could also be having stream of consciousness thoughts that don't tell a coherent story, Halassa said. But the brain never actually stops "thinking" in a broader sense. Most thoughts are actually happening in the background without us being aware of them, and "there's not really a way to turn these things off," Halassa told Live Science.

My Thought Patterns, More SHOTGUN Approach

- ✓ Proudful, James 4:10, "Humble yourselves before the Lord, and he will lift you up."
- ✓ Real Problem, Ephesians 6:12, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."
- ✓ Feel like a loser, 1st John 4:4, "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."
- ✓ Choosing my words, James 3:10, "Out of the same mouth come praise and cursing. My brothers, this should not be."
- ✓ Can't do the right thing, 1st Corinthians 10:13, "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."
- ✓ Hurry, Psalm 37:34, "Wait for the Lord and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it."
- ✓ Isaiah 40:31, "But those who wait on the LORD Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."

Lonely and Isolated in my struggle.

- ✓ Not alone in my Messed-Up-Ness, Romans 3:23, "for all have sinned and fall short of the glory of God"
- ✓ Feeling Alone, Hebrews 13:5, "Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."
- ✓ Doubt my Salvation, 1st John 5:12, "He who has the Son has life; he who does not have the Son of God does not have life."
- ✓ Feel Unloved, John 3:16, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."
- ✓ Examine my Skills, Romans 12:3, "For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."

Priorities

- ✓ Exodus 20:3, "You shall have no other gods before me."
- ✓ Deuteronomy 6:5, "Love the Lord your God with all your heart and with all your soul and with all your strength"
- ✓ Psalm 34:1, "I will praise the LORD at all times; His praise will always be on my lips."
- ✓ 1st Thessalonians 5:17, "Pray without ceasing."

Pessimism, NEGATIVITY

- ✓ We humans, it seems, have anywhere from 12,000 to 60,000 thoughts per day. But according to some research, as many as 98 percent of them are exactly the same as we had the day before. Talk about creatures of habit! Even more significant, 80 percent of our thoughts are negative. This is important because of what we call the mind/body connection, psychoneuroimmunology in medical terms. You know what this is from your own experience. If you're tired physically, it's hard to think clearly. On the other hand, if you've been using your mind doing mental work all day, you're likely to feel the effects physically, too. https://www.jenniferhawthorne.com/articles/change_your_thoughts.html Philippians 2:14, "Do everything without complaining or arguing"
 - ✓ Ungodly Attitudes (Thinking) Replace our thoughts with God's thoughts... Wrong with RIGHT! Psalm 119:11, "Your Word I have hidden in my heart, That I might not sin against You."
-
-

Psalm 119, "A Day in the (Thought) Life"

- ✓ Hebrews 4:12, "For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."
- ✓ Romans 12:2, "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Greed

- ✓ Hebrews 13:5, "Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you.""

Contentment

- ✓ Hebrews 13:5, "Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Self?

- ✓ Philippians 2:3, "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."

Sexuality

- ✓ Matthew 5:28, "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."
- ✓ Romans 13:14, "Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature."
- ✓ <https://www.psychologytoday.com/us/blog/the-sexual-continuum/201112/how-often-do-men-and-women-think-about-sex>
 - College men think about sex once or twice an hour, statistically no more or less than they think about eating or sleeping.
 - Research has not always consistently revealed gender differences in frequency of sexual thoughts.

Fear

- ✓ 1st John 4:18, "There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love."

Doing good

- ✓ Romans 12:21, "Do not be overcome by evil, but overcome evil with good."

Difficulties & Hardships

- ✓ Philippians 4:6, "Do not worry about anything, but pray and ask God for everything you need, always giving thanks."
- ✓ 2 Corinthians 12:9, "But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

Purpose

- ✓ Matthew 28:19, "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit"

You want to use ME, God?!?!?

- ✓ Matthew 28:20, "and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Not me, I'm not qualified. Use someone else

- ✓ Romans 15:14, "I myself am convinced, my brothers, that you yourselves are full of goodness, complete in knowledge and competent to instruct one another."

The Gospel Truth

- ✓ John 14:6, "Jesus answered, I am the way and the truth and the life. No one comes to the Father except through me." Ummm - That's kind of narrow... there are lots of beliefs out there. I'm sure they won't listen.

Ok to Suffer

- ✓ Philippians 1:29, "For it has been granted to you on behalf of Christ not only to believe on him, but also to suffer for him"
-
-

Psalm 119, "A Day in the (Thought) Life"

Shining Example

- ✓ 1st Timothy 4:12, "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." That's a lot of Example-ing! It is hard for me to talk about You... seems kind of... weird. Talk About God's Word
- ✓ Deuteronomy 6:6-9, "These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates."

Prepare Your Story

- ✓ 1st Peter 3:15, "But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect"

Reference Scripture

- ✓ Ephesians 5:19, "Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord"

Sing

- ✓ Ephesians 5:19, "Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord"

Work at Becoming AND Serving

- ✓ 1st Corinthians 15:58, "Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."

Laziness

- ✓ Proverbs 26:16, "The lazy person thinks he is wiser than seven people who give sensible answers."

Good Citizen / Good Employee

- ✓ Titus 3:1, "Remind them to be submissive to rulers and authorities, to obey, to be ready for every good work"

All In

- ✓ Romans 12:1, "Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship."

Churching and Being Around Fellow Believers

- ✓ Hebrews 10:25, "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."
- ✓ Exodus 20:8, "Remember the Sabbath day by keeping it holy."
- ✓ Psalm 119:11, "Your Word I have hidden in my heart, That I might not sin against You."
- ✓ Hebrews 5:14, "But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil."
- ✓ Romans 8:6, "The mind of sinful man is death, but the mind controlled by the Spirit is life and peace."

One Another-ing:

- ✓ Ephesians 5:21, "Submit to one another out of reverence for Christ."
- ✓ Romans 12:10, "Be devoted to one another in brotherly love. Honor one another above yourselves."
- ✓ John 13:34, "A new command I give you: Love one another. As I have loved you, so you must love one another."
- ✓ Hebrews 3:13, "But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness."
- ✓ Hebrews 10:24, "And let us consider how we may spur one another on toward love and good deeds."
- ✓ James 5:16, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."
- ✓ James 5:16, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."

Make Each Other Better

- ✓ Proverbs 27:17, "As iron sharpens iron, so one man sharpens another."
-
-

Psalm 119, "A Day in the (Thought) Life"

Golden Rule

- ✓ Luke 6:31, "Do to others as you would have them do to you."

Giving

- ✓ Malachi 3:10, "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it."

Stingy

- ✓ 1st Timothy 6:18, "Command them to do good, to be rich in good deeds, and to be generous and willing to share."

Treatment of Spouse

- ✓ Ephesians 5:33, "However, each one of you also must love his wife as he loves himself, and the wife must respect her husband."

Work for what you get

- ✓ Exodus 20:15, "You shall not steal."

Daily Needs

- ✓ Luke 12:31, "But seek his kingdom, and these things will be given to you as well."

Serve Gladly

- ✓ Matthew 20:28, "just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

Use what you have

- ✓ 1st Peter 4:10, "Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms."

Obeys

- ✓ Luke 6:46, "But why do you call Me 'Lord, Lord,' and do not do the things which I say?"

Treatment of Others, Don't Jump to Conclusions

- ✓ Proverbs 18:17, "The first to present his case seems right, till another comes forward and questions him."

Think before you speak

- ✓ Ephesians 4:29, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Positivity

- ✓ Ephesians 4:29, "When you talk, do not say harmful things, but say what people need, words that will help others become stronger. Then what you say will do good to those who listen to you."

Best Friends

- ✓ Proverbs 22:24, "Do not make friends with a hot-tempered man, do not associate with one easily angered"

OR any person with a Sin Dominated Trait

- ✓ Proverbs 13:20, "He who walks with the wise grows wise, but a companion of fools suffers harm."

Conclusion, John 3:30, "He must increase, but I *must* decrease." Colossians 3:23, "Whatever you do, work at it with all your heart, as working for the Lord, not for men" Proverbs 3:5–6, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Psalm 19:14, "May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer."
