

Wednesday Family Night Bible Study

Learning to Think Godly Bible Study Series

Pastor Dave Marquard

2/26/20

Study # 1 ~ Transformational Thinking

What you think, will become your faith. *Another way to say that is what you think in your head will become what you think in your heart, **Romans 8:6.***

- Whenever you bring in worldly thinking to the Kingdom of God you either negate your faith or hinder your success as a child of God.
- If we adopt the Kingdom's thought process, God tells us that there is another way, His way and it is possible to go much further in life, all the while living in health!!
Is. 40:28-31, Ps. 92:13-15, Ps. 91:14-16, Prov. 10:27.
- *If you change the way you think, you will change your life!*

Our Subconscious Mind.

- Often it is not our conscious thoughts that get us into trouble, it is the subconscious preprogramming that has gone on over the course of our life that trips us up.
- Our subconscious mind is designed to be trained and then take over so that we can continue to use our conscious mind to think about other things.
- *The root of a successful Christian life, is a transformational thinking process, both consciously and subconsciously, that is completely in line with God's Word, and that allows us to develop faith for living that grows into EVERY area of life, **Mk. 4:30-32.***
- *We must plant the seeds of the Kingdom of God inside of us!!*
- **We live out our thinking,** in our marriage, with our children, in our workplace, in the market place. Whatever it is that we do, is our thinking manifest!!

Changing our setpoint.

- We know that we are to "set" our minds on things above, **Col. 3:1-3.**
- This setting or resetting of our mind is THE PROCESS that we all must go through.
- Scripture gives us the solution to resetting our point of reference for anything contrary to God's word, **2 Co. 10:3-6.**
- God's Word is alive AND WILL CHANGE YOUR LIFE, **Heb. 4:12.**

Living without borders, Prov. 4:20-27.

- **The thoughts of the heart are both the departure place and/or the prison of my life.**

Strong's Number: [<H8444>](#) **Original Word:** תּוֹשָׁאֹת, *tôšā'ôt*

Usage Notes: "departure; place of departure." The word *tôšā'ôt* can connote both the source or place of "departure" ([Prov. 4:23](#)) and the actual "departure" itself ("escape," [Psa. 68:20](#)). However, the word may also represent the extremity of a territory or its "border", the place where one departs a given territory ([Josh. 15:7](#)).

Strong's Number: [<H8193>](#) **(lips in verse 24)** **Original Word:** שָׂפָא, *sāpâ*

The metaphorical use of *sāpâ* ("edge") appears mainly in the narrative literature. The word denotes the shore of a sea ([Gen. 22:17](#)) or of a river ([Gen. 41:3](#)), or the edge of material ([Exod. 26:4](#)), or the brim of a vessel ([1 Kings 7:23](#)). The Septuagint translation is *cheilos* ("lip; shore; bank"); and the KJV has these translations: "lip; bank; brim; edge; language; shore; and speech."

Vine's Expository Dictionary of Old Testament and New Testament Words.

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3/4/20

Study # 2 ~ Transformational Thinking

What you think, will become your faith.

- Another way to say that is what you think in your head will become what you think in your heart, Prov. 23:6-7, Ro. 8:6.
- We know that carnal thinking is dangerous to our life and to our success!!
- Whenever you bring in worldly thinking to the Kingdom of God you either negate your faith or hinder your success as a child of God, Eph. 4:17-19.
- The root of a successful Christian life, is a transformational thinking process, both consciously and subconsciously, that is completely in line with God's Word, and that allows us to develop faith for living that grows into EVERY area of life.

The soul and the brain are not the same!!

- This next point is critical!! Just as your spirit man needs your physical body to operate in the earth, your soul needs your physical brain to operate in the earth.
- What our soul thinks upon literally creates physical matter in our brain. Your brain has physical stored memory that allows you to recall. Think of riding a bike, or skates, etc.

Exercising Control.

- Your physical brain is not "fixed!" It is neuro-plastic, simply meaning, it can be changed or "re-wired."
- We can say it this way, our brain does not control us, we control our brain through our chooses to think upon!
- Research shows that our DNA actually changes in response to our thoughts!!
- Do you see how this gives new meaning to Joshua 1:8 and or Romans 12:2!! Col. 3:1-3.
- God has given us the ability to change physically as well as emotionally, 2 Co. 10:3-6.
- Capturing your thoughts is critical.
- Allowing thoughts to run chaotically through your brain without exercising any control over them, creates uncertainty, fear, worry, anxiety.

- A chaotic mind filled with un-captured rogue thoughts of anxiety, worry and all manner of fear related emotions sends out the wrong signal right down to the level of our DNA!!
- *Toxic thinking of any kind, towards ourselves, towards others, towards any one of the great number of things and circumstances that affect us or are a part of our lives creates a destructive pattern of words and actions that affects our physical being.* **Luke 6:45.**
- Purposefully catching your thoughts can control the brain's sensory processing, the brain's rewiring, the neurotransmitters, the genetic expression and cellular activity in a positive or negative direction. **YOU CHOOSE!! Deut. 30:19.**
- Research has shown that five to sixteen minutes a day of focused, meditative capturing of thoughts, shifts frontal brain states so that they are more likely to engage with the world and increases the chances of a happier outlook on life, **Psalm 1:1-6.**

God's Word is alive, Heb. 4:12.

- It is the living, breathing Word of God that brings life to our lives.
- The Word comes alive in our Soul and when we meditate on it, it then literally begins to cause literal matter to change in our physical brains.
- *The Word gives power to us. You are not a victim. You can control your actions and reactions to situations and circumstances. Your brain is not fixed but can be re-wired to work in accordance with God's Word and ways.* **Prov. 4:20-27.**

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3/11/20

Study # 3 ~ Transformational Thinking

Transformational Thinking, Ro. 12:1-2.

- *If you change the way you think, you will change your life! The root of a successful Christian life, is a transformational thinking process, both consciously and subconsciously, that is completely in line with God's Word, and that allows us to develop faith for living that grows into EVERY area of life.*
- Toxic thinking produces bad results, **Luke 6:45.**
- You are NOT permanently broke!! You are not stuck where you!!
- Remember that your brain is neuro-plastic, it is moldable and can be REFORMATTED!

Delighting in the truth, Ro. 7:22-23.

- How often have we heard a truth that moves us deeply, or we have come across a revelation while reading our bible, *yet within a few days we are back to the same old ways, the same old thoughts.*
- It is not that we don't love God; it is not that we do not want to follow the ways of God, it is not a rebellious attitude, *it is simply an inability to follow through with that truth or revelation.*
- We find ourselves, serious Christians, yet struggling to overcome and walk in the truth of God's Kingdom, **Mark 4:16-19.**
- You see unless the Word takes root in our subconscious as well as our conscious being, it will eventually be undone by life.
- Satan cannot stop the Word of God from going forth but what he does do is to provide so much clutter, that we have trouble hearing and walking in it's power.
- Facebook, Twitter, Instagram, Netflix, Youtube, online newsfeeds, radio, TV, all of these are just constant noise designed to keep you from His truth.

Meditating the Word, God's road to victory!!

- Meditation is pondering the Word of God in our hearts, preaching it to our own souls.

- In **Psalm 143** David uses three verbs that capture the essence of meditation.
- In verse 5 David declares he will:
 - o “zawkar,” or remember the days of old
 - o “seeakh” or ponder the works of His hands
 - o “hawgaw” or meditate on all God’s works
- To remember, David recalls all the things that God has done for him. When he ponders, God’s deliverance, he “converses” or “utters” aloud. Basically he talks to himself.
- Then he meditates and imagines. He sits and contemplates the same things over and over until they go from his head to his heart!!
- This concept of meditation is used over and over again in the scriptures, particularly in the Psalms: Joshua 1:8, Psalm 1, 9, 19, 63, 77, 119 (multiple times), 143.
- Could it be that this is an ancient truth that has been virtually lost in this modern day?
- In Isaiah we see the word to meditate used in another way, **Is. 31:4**.
- God has given us the ability to change physically as well as emotionally, **2 Co. 10:3-5**.
- Capturing your thoughts is critical.

Learn to live without borders, Proverbs 4:20-27.