

Extreme Life Makeover

"How to Get Rid of Stinking Thinking"

Pastor Rick Shelton

Sunday, May 3, 2009

(Notes from 9 a.m. service)

- **Proverbs 23:7 (NKJV)** For as he thinks in his heart, so *is* he. (Another translation reads, "As a man thinks, so shall he become like his thoughts.")
- Whatever you allow to rule your mind will rule your life.
- Pastor was challenged for 6-1/2 years physically. God healed him in January, 2006.
- After a long period of time when things don't get better, your thinking is challenged. The enemy will try to wear you down.
- Pastor is writing a book "Taking Your Life Back," telling the good, bad, and ugly, plus telling all the truths he learned during that time.
- Pastor had panic/anxiety attacks, depression and sickness.
- People ask about how we came through that time. "Do you have information on it?"
- He had two lowest points. One came a year after he became sick, after his Dad died in September, 2000. He came to the point of not wanting to go on. His flesh and mind were going crazy, but he was determined to not give up!
- Fast forward six years. It was the second week of January, and he was in Palm Springs for a conference. Pastor Donna was here taking care of things here. Because of all the things going on around Pastor, he was only sleeping three hours maximum a night, in 15-20 minutes intervals. It was his lowest point from before Christmas until the day God healed him.
- Every waking moment he was bombarded in his mind with terrifying thoughts: ministry is over; you're washed up; you're ending your ministry in humiliation; nobody loves you; everyone is against you. He was bombarded with the greatest assault of thoughts of his life.
- He took his Bible, held it, and would not put it down. To those accusing thoughts he would speak scriptures: Jeremiah 29:11, Proverbs. . . . No weapon formed against me will prosper. . . Greater is He who is in me. . . You're going to live and not die.
- Most people who would have gone through a situation like this, without Christ, would have gone crazy. He thought he was! He had to feed his mind in order to strengthen his spirit.
- The victory is won or lost in the mind! It didn't make the symptoms immediately go away. But the mind is the channel!
- You must let the enemy know that you have no quitting point! And will not give up!
- Don't get caught up in the battle, but focus on His Word!
- Why do I have to do this?
- There is a formula Pastor got a hold of 30 years ago that has greatly impacted his life. It's since been a key to his life, and set the 'rudder' for it.
- Memorize:
Sow a thought, reap an action! Sow an action, reap a habit!
Sow a habit, reap a character! Sow a character, reap a destiny!
- If you turn this formula around backwards you can see the effect clearly.
- Your destiny: my outcome, the way things turn out. Result of . . .
- Character: Who you are or have become, or have allowed yourself to become. Result of . . .
- Habits: repeated patterns of behavior. Result of . . .
- Action: individual first acts. Result of . . .
- Thoughts: What controls my mind!
- The way things turn out in our life isn't the results from external things that have happened, BUT is the result of who we have become or allowed ourselves to become. It's not determined by what happened around or to us.
- We live from the inside. Whatever we want to happen on the outside must happen on the inside.

- For example, take Jessie's life. He's been in a wheelchair for many years. Many people may think he doesn't have a quality life.
- Look at Lindsey Lohan and Britney Spears. It looks like they have no physical challenges, they have good looks, lots of money, and 'quality of life', BUT they appear unhappy, insecure, and battle drugs and alcohol.
- Jessie is happy, fruitful, and wise. Who has 'quality' life? Jessie! And it's because of 'who' he is on the inside! He's wise, smart, fruitful, happy, etc.
- If we don't like who we have become, we can change it by changing who we are on the inside by God's Word, not outside circumstances. We must readjust who we are!
- Habits: repeated patterns of behavior. (angry, easily offended, addictions, drugs, porn, laziness)
- What are the defining markings in my life? We must do a self-examination to find out why we are the way we are.
- Who we become is a direct result of the habits we keep.
- Offended people are insecure, rejected, angry, and cynical. If you have these symptoms, look at the patterns that make you that way.
- Changing habits is key to changing certain parts of our character.
- Pornography: People don't want to become addicted to it. But they take that FIRST action! Habit is born out of first action!
- A person raised in a family that lies, may get saved, but still find they keep lying. It is a pattern. It will literally destroy the quality of their life.
- The first step/action is the greatest and most important!
- Cycle of lying: begin to doubt yourself and destroys the quality of your life.
- How do you change? When pressure comes make a quick decision. . . that next time you will tell the truth so you won't get in trouble.
- The way out is the same as the way in by a single action. . . a 'first' action!
- We become who we are by a single action that we did not stop and then it becomes a 'habit'.
- This is why God is so strong on obedience! He knows the end results!
- Any habit you may have you break by one single action. You change any habit the same way you start it . . . by one single action!
- Set your mind for all out battle against pressure to give in.
- Eating: want to eat healthy and lose weight, but tell self, "What harm is blowing this single meal?"
- We destroy our will by not knowing and valuing the power of a single action.
- Why is there stronger desire after first action? Single actions strengthen bad habits and Satan's grip. Also, obedience strengthens God's grip!
- Roman 6:16 (NKJV) Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness?
- Single actions are from what is allowed to roam around in our minds. It all begins with what we allow to control our thought life.
- What grows in our life first grows in our mind!
- Fear is everywhere . . . but don't allow fear anywhere!
- Dave Ramsey said, "I have decided I am not going to participate in this recession."
- Don't let the recession get on the inside of you. We still have and serve a God of plenty!
- Philippians 4:19 (NKJV) And my God shall supply all your needs according to His riches in glory by Christ Jesus.
- Next step: memorize Romans 12:1-2