

LIVE OAK CHURCH

Think About What You Think About

August 16, 2026

Philippians 4:4-13; 2 Corinthians 5:17, Ephesians 4:22-23

The Great Promise Of Jesus To Us

I. Jesus promises life

- A. Abundant life - John 10:10
- B. Eternal life - John 3:16
- C. Jesus offers new life - John 3:3, new birth

II. Put off the old, put on the new - Ephesians 4:22-23

- A. Can't have a new life with an old mind
 - 1. When applying the new, you must scrap the old
- B. Being aware of the toxic mind that all of us must confront

III. The 7 toxic mindsets that must be replaced to enjoy the new life

- A. The confused mind
 - 1. Many are confused when it comes to faith
 - 2. They are often "double-minded" & unstable
 - 3. Confusion is not God's design
 - 4. Jesus is our focus, the Bible is our guide
 - 5. The motto of "The Bereans"

B. The anxious/worried mind

- 1. The many factors that increase our anxiety
- 2. Worry/anxiety is a part of our human nature
- 3. Our imaginations exacerbate our anxiety
- 4. The Bible calls us to remodel our minds
 - a. Rejoice in the Lord
 - b. Request (pray)
 - c. Receive (His provision/plan)
 - d. Remind (yourself He is in this)

C. A judgmental/critical mind

- 1. A sign of pain & diffidence
 - a. Tear others down, build self up
- 2. A sign of insecurity
- 3. A sign of boredom, unproductive
- 4. A lack of humility/self-deception
- 5. Jesus called it a log in your eye
- 6. Ask the following
 - a. Is there something in me that resembles what I am criticizing?
 - b. Do I know all the facts about this person?
 - c. Do I know the difference between discernment & judgment?
 - d. Can I show them the grace I have received?

- e. Can I help this person with a sense of gentleness? Galatians 6:1

D. A passive mind

1. Is lukewarm
2. Has a lack of interest
3. Lazy (spiritually)
4. Jesus scolded the lukewarm church
5. Bible calls us to engage, be alert, active, & be a watchman on the wall
6. Bible says "stir up the gift inside of you"
7. Pray: "Lord this day, my service, my work belongs to you"
8. Review each day
 - a. Who did you bless?
 - b. What blessing did God receive through you?
 - c. What blessing did you receive?

E. A wandering mind

1. Drifts into areas it shouldn't go
2. Not every thought needs to be a conversation
3. Not every thought needs to be explored
4. Notice what is happening, name what is happening, redirect what is happening & return to reality
5. This is how you stay focused

F. The bitter/cynical mind

1. Cynical people live in extremes
2. Cynicism assumes motives

3. Cynical people forget what went right
4. Recognize the source of the bitterness (hurt, injustice, disappointment)
5. Face the wound instead of feeding the resentment
6. Learn the power of forgiveness
7. Remember the power of grace, love, thankfulness & God's involvement

G. The doubtful/unbelieving mind

1. Doubt should lead to investigation, not surrender
2. Called to examine all things - 1 Thessalonians 5:21
3. Pray for God to help you with your unbelief
4. Don't confuse unanswered questions with evidence against God
5. Just because you don't understand it, doesn't mean it's not true
6. Ask, what exactly are you doubting?
7. Examine the evidence
8. Honest doubt says, "Help me figure this out." Unbelief says, "I won't believe regardless of the evidence."
9. Don't let your feelings determine your theology
10. Feed faith with God's Word

**Jesus Will Give You A New Life
And A New Mind**