

THOUGHT REPLACEMENT SANCTIFICATION

Analyze 3 to 5 of your greatest imperfect thought patterns. Memorize one counter scripture for each of these wrong thought patterns. When your thoughts turn bad quote the appropriate counter scripture and think along the theme of that scripture.

A FEW EXAMPLES

You can replace fear or worry thoughts. Some are worrywarts. Always thinking the worst possible thing will happen in any given situation. — Quote Psalm 27:1,3

The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid? Though an host should encamp against me, my heart shall not fear

THINK OF THE MANY TIMES IN THE PAST YOUR WORSE IMAGINATIONS NEVER HAPPENED.

You can replace judgmental thoughts. Thoughts that criticize and judge others are never noble. Keep reminding yourself that the critical things that come out of your mouth begin in your mind. — Quote Matthew 7:1-3.

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?

OFTEN THE THING YOU CRITICIZE IN OTHERS IS AN AREA IN WHICH YOU FREQUENTLY FAIL YOURSELF.

You can replace immoral thoughts. Impure and immoral thinking is so common place in society that all of us need to be cautious in this area. — Quote 1 John 3:2-3 .

We know that when He appears, we shall be like Him, for we shall see Him as He is. Everyone who has this hope in Him purifies himself, just as He is pure.

THINK ABOUT MEETING OUR HEAVENLY BRIDEGROOM, JESUS CHRIST, AND ALL THE WONDERFUL THINGS YOU WILL TELL HIM.

You can replace self-pity thoughts. When you start to feel sorry for yourself and organize a pity party, your thoughts are immediately in the unlovely category. Thankfulness is a sure cure for self-pity. — Quote 1 Thessalonians 5:18

Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

THEN COUNT YOUR MANY BLESSING NAME THEM ONE BY ONE.

You can replace pride thoughts. 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 (Rom. 12:3). How do we know if we think of ourselves with "sober judgment?" What do we fellowship about—our accomplishments or what our loved ones have done, name dropping or how certain brethren appreciate us, our victories over the flesh. Quote 1Peter 5:6

God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time ...

TO THE DEGREE WE ARE PROUD GOD WILL RESIST US TO THAT DEGREE.

It's not easy to replace wrong thoughts. The moment of abandoning the wrong thought and forcing yourself to think correctly is a moment of struggle. And sometimes it's necessary to replace wrong thoughts every minute or two. But don't let that discourage you. Keep applying this principle. Just keep replacing. You're changing habits that are ingrained, and you're in a warfare with your enemy the devil and/or your flesh. So don't give up. Don't judge yourself. You can't reach perfection but you can become more Christ like.

TEMPTATION THOUGHTS VS. SIN THOUGHTS

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. — 1 Cor. 10: 13

Not all evil thoughts are sin thoughts. That all of us have temptations is a Scriptural given. You cannot have a temptation without having an evil thought. Therefore this evil temptation thought is not a sin in itself unless you harbor and nurture it. Only then does it become a sin thought. Temptation thoughts can be caused by inherited sins, Satan, body chemistry, impressions due to our circumstances or any number of other things.

Use the thought replacement principle to help prevent your temptation thoughts from becoming sin thoughts. Don't get all sorts of guilt complexes about temptation thoughts, but be concerned about sin thoughts.