

**AS YOU THINK**  
**Lesson 21 – Outline**  
**November 13, 2024**

I. Your life moves in the direction of your dominant thoughts.

*As he thinketh in his heart, so is he.*

*Proverbs 23:7*

A. You will reap emotions based on what you focus your attention on.

*For to be carnally minded is death; but to be spiritually minded is life and peace.*

*Romans 8:6*

B. You must learn to keep your thoughts centered on God and His Word.

*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

*Isaiah 26:3*

C. Your emotions will follow what you think.

D. Grace and peace are multiplied to you through the knowledge of God and of Jesus Christ our Lord—not through prayer.

*Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord.*

*2 Peter 1:2*

II. The laws of God say that you must think on the right things to receive the right results.

*Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful [full of care] for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which*

*passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

*Philippians 4:4-7*

A. As you keep your mind stayed upon the Lord, the peace of God will keep your heart and mind.

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

*Philippians 4:8*

B. In other words, this is a command to keep your mind stayed on the Lord and His Word (Is. 26:3).

III. God made you so that your physical and emotional health follows the way you think.

A. God's Word is **"life unto those that find them, and health to all their flesh"** (Prov. 4:22).

*He sent his word, and healed them, and delivered them from their destructions.*

*Psalms 107:20*

B. God's prescription for health is His Word.

C. Take it in daily doses, just like medicine.

D. Many people are praying for health, but they're violating the Great Physician's instructions.

E. He's prescribed to us the Gos-pill (Gospel).

IV. God isn't free to move in your life independent of you.

*Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.*

*Ephesians 3:20*

- A. He doesn't control your life without your consent or agreement.
- B. There has to be power working on the inside of you—specifically the power of faith.
- C. God isn't going to do what He told you to do (James 4:7, Matt. 10:8, Eph. 1:18-20, and Mark 16:18).
- D. The release of God's power in your life is directly proportional to how you believe.

## **AS YOU THINK**

### **Lesson 21 – Discipleship Questions**

1. According to Proverbs 23:7, as we \_\_\_\_\_ in our hearts, so are we.
2. What does Romans 8:6 say is death?
3. What does it say is life and peace?
4. According to Isaiah 26:3, who will the Lord keep in perfect peace?
5. Second Peter 1:2 says that grace and peace is what to us?
6. How?
7. According to Philippians 4:4-8, when should we rejoice?
8. We should be careful—full of care—for what?
9. What shall keep our hearts and minds through Christ Jesus?
10. What things should we think on?
11. According to Proverbs 4:22, God's Word is life to those who find them and health to all their what?
12. According to Psalm 107:20, what did God send?
13. The Word healed them and delivered them from what?
14. Mark 16:18 says that if a believer drinks any deadly thing, it shall not what?
15. These believers will lay hands on the sick, and they shall what?

## **AS YOU THINK**

### **Lesson 21 – Answer Key**

1. Think.
2. To be carnally minded.
3. To be spiritually minded.
4. The person whose mind is stayed on Him.
5. Multiplied.
6. Through the knowledge of God and of Jesus our Lord.
7. Always.
8. Nothing.
9. The peace of God.
10. Whatsoever things are true, honest, just, pure, lovely, of good report, virtuous, and praiseworthy.
11. Flesh.
12. His Word.
13. Their destructions.
14. Hurt them.
15. Recover.