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Aug. 28, 2016 D. McClung

# **Choosing to Take Control of Your Life**

**A Lesson in Making Good Choices**

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**We are faced with many “forks in the road” in life.  
How do we make good choices?**

**How do we stay in “control”?**

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Let's talk  
about taking  
control of...

- **Our Thoughts**
- **Our Speech**
- **Our Actions**

What can we “control”?

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# Taking control of our Thoughts . . .

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**We can't  
always control  
our initial  
thoughts...**

**They can be like  
a bird landing  
on your head...**



# Initial Thoughts...

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**Did you shoo  
it away?**

**Or did it stay  
and build a  
nest?**



**Initial Thoughts!**

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- **Ephesians 4:26-27**

**Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.**

- **1 Peter 5:8**

**Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.**

# Initial Thoughts!

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**Matthew 7:13-14**

**Enter through the  
narrow gate; ...**

**For the gate is small  
and the way is  
narrow that leads  
to life, and there  
are few who find it.**



**The “narrow” way =  
controlled thoughts.**

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- **Romans 12:2**

**Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.**

- **Ephesians 5:15-17**

**Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is.**

**The “narrow” way =  
controlled thoughts.**

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- 2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God,

and we take captive every thought to make it obedient to Christ.

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## Every thought “captive”

**How do  
we do it?**



**Take every thought captive...**

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- Romans 8:5

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

# Every thought “captive”

- **Philippians 4:8**

**Finally, brothers and sisters,  
whatever is true,  
whatever is noble,  
whatever is right,  
whatever is pure,  
whatever is lovely,  
whatever is admirable-  
if anything is excellent or  
praiseworthy-  
think about such things.**



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# What does the Spirit desire?

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**T.V.?      Movies?      Books?**

**News?**

**OR...???**

**Facebook?**

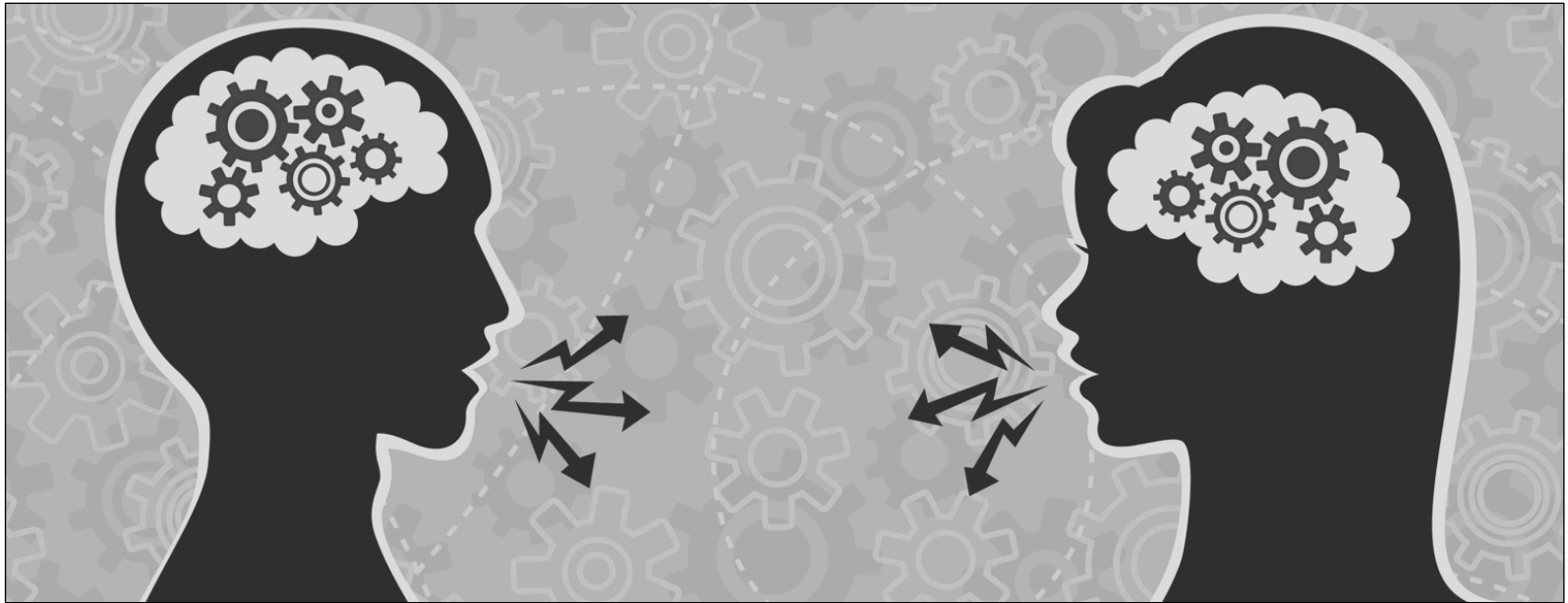
**Friends?**

**Family?**



**What feeds your  
thoughts?**

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What should we CONTROL next...?

Our Speech!

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We've been gifted with the power of choice...in our actions, our thoughts, and our words. The quality of our lives gets better or worse depending on which direction we go with our choices.

— *Shawn Anderson* —

**AZ QUOTES**



# WORDS HAVE POWER!

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## **James 3:2**

**We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.**

## **Proverbs 17:28**

**Even fools are thought wise if they keep silent, and discerning if they hold their tongues.**

# **WORDS HAVE POWER!**

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## **Proverbs 18:21**

**The tongue has the power of life and death, and those who love it will eat its fruit.**

## **Matthew 12:36-37**

**But I tell you that men will give an account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned.**

# **WORDS HAVE POWER!**

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Speech to avoid . . .

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## 1 Timothy 6:20-21

Timothy, guard what has been entrusted to your care. Turn away from godless chatter and the opposing ideas of what is falsely called knowledge, which some have professed and in so doing have departed from the faith.

## Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

## Ephesians 5:4

Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

# Speech to avoid . . .

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Speech to utter . . .

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Proverbs 15:4

**The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.**

Proverbs 16:24

**Gracious words are a honeycomb, sweet to the soul and healing to the bones.**

Colossians 4:6

**Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.**

**Speech to utter . . .**

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Ralph Waldo Emerson



Speech is power: speech is to persuade, to convert, to compel. It is to bring another out of his bad sense into your good sense.

AZ QUOTES



**Next...**

**Take control of...**

**Our *ACTIONS* !**

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We cannot always control what happens  
TO us...



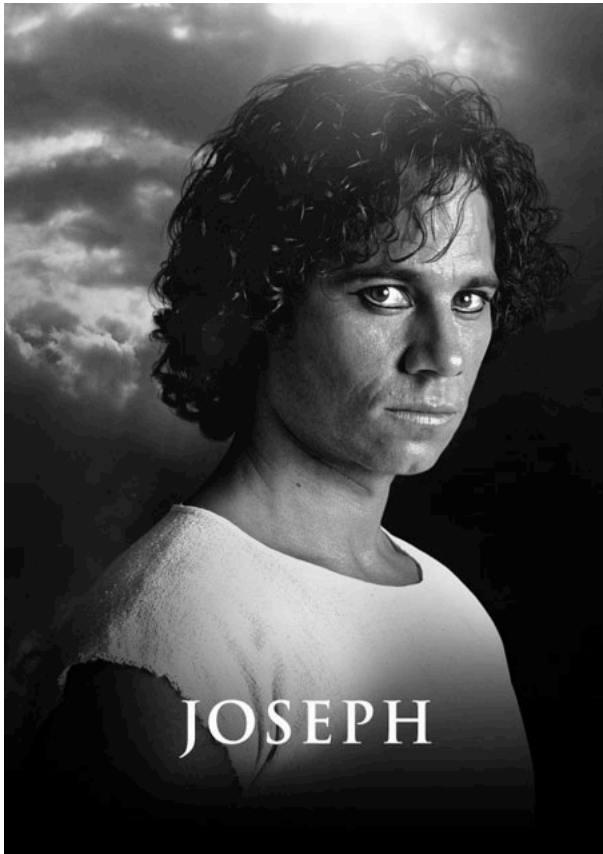
But we can  
control HOW  
we respond.

We can be a “Joseph”

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## An OT Example...

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## He mastered...

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- Rejection
- Captivity
- Enslavement
- False accusation
- Imprisonment
- And... Success!

He acted with control!

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**Titus 3:1-2**

**Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.**

**1 Timothy 4:11-12**

**Command and teach these things. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.**

# **Take Control of Your Actions**

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**Romans 12:1**

**sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship.**

**Romans 14:18**

**serves Christ in this way is pleasing to God and approved by men.**

**Take Control of Your Actions**

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Genesis 4:7

If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.

# Take Control of Your Actions

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# Ephesians 4:14-16

forth  
wind

**Controlled Thought**

people in their deceitful scheming.

# Controlled Speech

**Controlled Action**

# A “whole” Christian

Change your...  
**THOUGHTS**

Acts 16:31

**"Believe on the Lord  
Jesus and you will be  
saved,..."**

Acts 17:30

**In the past God  
overlooked such  
ignorance, but now  
he commands all  
people everywhere to  
repent.**

**If you want to be a Christian...**

Change your...

**SPEECH**

Matthew 10:32

**“Therefore everyone  
who confesses Me  
before men, I will  
also confess him  
before My Father  
who is in heaven.”**

**If you want to be a Christian...**

Change your...

# ACTIONS

Romans 6:4 (NIV)

**“We were therefore  
buried with him  
through baptism into  
death in order that,  
just as Christ was  
raised from the dead  
through the glory of  
the Father, we too  
may live a new life.”**

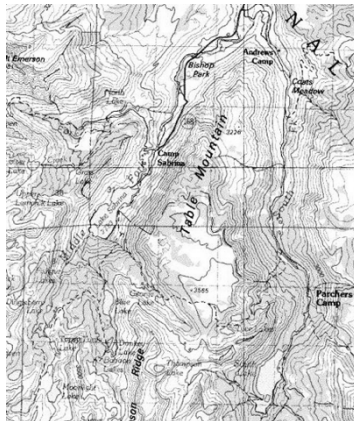
**If you want to be a Christian...**

I am **NOT** a  
product of my  
circumstances.

**I AM** a  
product of  
my decisions.

Stephen Covey





# YOUR "INVITATION"...

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## Take Control of Your Thoughts

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### Ephesians 4:26-27

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