

What ya thinkin 'about?

If you are like me, much like a shark that needs to keep moving to survive, when those times of silence and contemplation are presented, and your wife, who is always attuned to your behavior, asks... “What ya thinkin about?” Answer: “What, this second?” The answer is usually, “a lot “things”, Work, Family, Chores, Needs and Desires, but rarely do I respond with Jesus as the thought at the moment.

It is my belief that our thought life determines our spiritual trajectory. Throughout both the Old and New Testament scripture emphasizes concentrated, single minded living as the means of spiritual growth.

In Paul's letter to the Philippians, Phil 4:8

“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise,  dwell on these things.”

Here he lays out the strategy for a focused pursuit of Christ.

“Dwell on these things”. In other words, he is advocating “Thought control” and more importantly the power of Scriptural thinking as a means of spiritual growth.

In our thought life, “Negative thinking” or as pastor at our small country church in Walnut Hill, AL, once taught in a children 'sermon “Stinkin Thinkin” is equally potent, however. Consider how Jesus Himself clearly describes the magnified value which He assigns to what we commonly consider to be “mere thoughts”.

In [Matthew 5:22](#) and [Matthew 5:28](#)

“But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, ‘You good-for-nothing,’ shall be guilty before the supreme court; and whoever says, ‘You fool,’ shall be guilty enough to go into the fiery hell”

“But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart”

He tells us that the thought itself is sinful and holds the same judgement as the act.

So the direction of our thought life is important, but more importantly our intensity must be considered.

**1 Peter 2:2**

“like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation,”

This verse speaks to this intensity using the words “LONG FOR” , in other words, “DESIRE”.

If I am honest, this is the part of my chasing after Christ that I could be found lacking... without the earnest desire we are not compelled to make our time in the Word paramount in our lives.

**Jeremiah 15:16** equates the intensity of our search in the Word with eating - necessary and sustaining.

Further on in **Jeremiah 29:13** “ You will seek Me and find Me when you search for Me with all your heart (mind)”

And so it is that, time and again, Scripture assigns the same unrivaled and uninterrupted priority to the seeking of God’s wisdom and it identifies this pursuit as the most necessary element of spiritual growth. According to the Bible, the constant, central focus of our “THOUGHTS” is to be on God’s word.

Applications

1. We need to find ways to avoid “**Stinkin Thinkin**”. If you are finding yourself focused on the negative, then purposely step away from the source for a time and consider what is good and right.
2. **Joshua 1:8** “ This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.” Find time in your day to mediate on the word. Develop a new habit of “returning” your “thought life” continual to verses that offer you hope.
3. Find evident in your **Christian** life that your faith is a “know so” and not a “hope so” conviction through your thought life.