

A 40 DAY FAST FROM WRONG THINKING

by Gregory Dickow

For as he thinketh in his heart, so is he...

Proverbs 23:7 KJV

Why do we need to challenge wrong thinking? - Part I

1. **Because wrong thinking makes us a prisoner.**

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Corinthians 10:4

2. **Because wrong thinking stunts our growth.**

But grow in grace and knowledge of our Lord and Savior Jesus Christ. 2 Peter 3:18

3. **Because wrong thinking robs us of our happiness.**

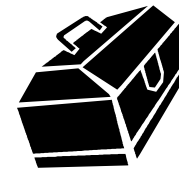
Consequently, faith comes from hearing the message, and the message is heard through the word of Christ. Romans 10:17

Conclusion

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2

How Do We Change Wrong Thinking? - Part II

INSTEAD OF:	HE SAID:
1. I'm a failure and no good.	1. The marriage failed, but I am deeply loved by God. Therefore I am important.
2. I'm so lonely and miserable.	2. I'm alone, but I am not lonely.
3. I'm separated from my family and there's no joy anymore for me.	3. I'm separated from my family and that hurts. I can function even though I hurt.



Tool Box

1. _____ **your misbeliefs** (faulty thinking, wrong thinking, lies)

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Corinthians 10:4

2. _____ **them** (confront, question, take issue)

Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23

For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imagination and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ. 2 Corinthians 10:4-5 KJV

3. _____ **misbeliefs with the truth** (think what God thinks about the situation)

If you hold to my teaching you are really my disciples. Then you will know the truth, and the truth will set you free. John 8:32

Source: *Telling Yourself the Truth* by William Backus and Marie Chapien

*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.
2 Corinthians 10:5*

Strong hold –a fortified place; a place of security and survival