

**THE MEDITATIONS OF OUR HEART:  
WHAT IS ON YOUR MIND?  
PSALM 19:14; PHILIPPIANS 4:8**

**Introduction**

At one time or another we have all struggled with our thought lives, haven't we?

It seems as though daily we find ourselves **combating thoughts of worry, doubt, fear, lust, evil thoughts, anger, malice, and bitterness** and the list goes on!

There are sometimes when the Holy Spirit immediately pricks us regarding our thoughts and we wonder how we could even think such things.

Then there are the times when the Holy Spirit pricks our heart about our thoughts, but we try to justify them instead of confessing them as being wrong.

And then there are the times that some folks don't even give their thoughts a second thought. This is an indication that a person may be either lost or severely backslidden to the point that their heart is hardened to the things of God.

The Psalmist here prays that not only would the words of his mouth be acceptable in the sight of God, but also that the *"meditations of his heart"*, i.e. **his thoughts or the things his mind dwelt on, would** be acceptable unto God also.

We are so quick to judge others because of their outward actions. And while we may not have done such things ourselves, we may have thought it or had even worse thoughts ourselves!

Understand this, before a person does something wrong, they normally think it! Jesus said in *Matthew 15:19 For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:*

(In Galatians 5:19-21, Paul calls these things the works of the flesh!)

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Also, keep in mind that God not only sees and judges our actions, but He also sees and judges our thoughts!

*Hebrews 4:13—"Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do."*

I doubt there would be even one of us here today that would want our every thought of this past week flashed up on a picture screen for all to see. Nevertheless, our thoughts are that exposed before God!

So, the question before us is this, "HOW CAN WE HAVE THE RIGHT THOUGHTS?"

**I. WE MUST RECOGNIZE THE SOURCES OF WRONG THINKING AND AVOID THEM!**

There was a saying that came out during the early 1980's just as the personal computer was becoming popular that said this – *"Garbage in, Garbage out!"*

i.e. If you want the good output, you have to have good input!

Scientists tell us that the human mind is one of the most complex living mechanisms in the world.

Our brain is the most influential organ of our bodies, for as it goes, so goes our physical lives.

Our brain accounts for our ability to think, remember, love, hate, feel, reason, imagine, and analyze.

The average brain weighs in at about three pounds. It is estimated to contain some 12 billion cells, each of which is connected to 10,000 other brain cells, totaling 120 trillion brain connections.

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No wonder some scientists have stated that the human brain is the most complex arrangement of matter in the universe.

Some have compared the human brain to a sophisticated computer, but technology hasn't even come close duplicating its capabilities.

Dr. Gehard Dirks, who holds over 50 patents on the IBM computer, said that he acquired most of his inventive ideas from studying the functions of the human brain.

Our brain supervises everything we do, from the involuntary beat of our heart to the conscious decisions of life. It controls hearing, sight, smell, speech, eating, resting, learning, prejudices, and everything else that makes us behave as we do.

Our eyes and our ears are the primary avenues that receive information that programs our minds and thereby influences our lives.

The human mind can be symbolized by a file cabinet because it is the principle place of storage or we call it memory. From its file we make our deductions, judgments and decisions.

The things that we see and hear influences the thoughts of our mind. And our mind determines our actions!

Everything that we see, hear, touch, taste and smell is recorded on the lobes of our brain never to be totally forgotten.  
(Exp. Nursing home patients.)

Some information remains in our subconscious files and cannot be recalled at will, as can those things that are in the conscious section.

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Sometimes a sight, a smell, or a sound may draw something back into our conscious thought.

There is something we need to consider at this point:

1. Because everything we see and hear is indelibly recorded in our mind
2. And the things recorded in our mind will influence how we think.
3. And our thinking influences our behavior or how we act.

Then...it is of utmost importance that we guard our hearts and mind!

Examples:

Remember serial killer Ted Bundy's interview with Dr. James Dobson regarding the effect of pornography on his life?

*James 1:14-15—"14 But every man is tempted, when he is drawn away of his own lust, and enticed. 15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."*

A lot of the music of the 60's and 70's began filling the minds of young people with perverted sex, rebellion, drugs, and the occult. Do you think that has anything to do with the mess we are in today in our society? (2 Timothy 3:3—"incontinent" meaning "without self control.")

When we see the gruesome themes of movies that pervade our day, is there any wonder why there is a corresponding increase in savagery? (2 Timothy 3:3 – "fierce" means "savage")

Hollywood and others fill the TV and movie screens with evil communications. Many disc Jockeys fill the airwaves with evil communications. Publishers fill the newsstands and bookstores with evil communications.

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*1 Corinthians 15:33—“Be not deceived: evil communications corrupt good manners.”*

Let me ask this question: What are you programming your mind with?

*WE MUST RECOGNIZE THE SOURCES OF WRONG THINKING AND AVOID THEM!*

**II. WE MUST RECOGNIZE THE SOURCES OF RIGHT THINKING AND EMBRACE THEM!**

Remember, if we want good output, then we must have good input!

**A. The Word Of God Must Become Our Primary Source Of Programming! (Psalm 119:9-16)**

God told Joshua in Joshua 1:8:

*Joshua 1:8—“This book of the law shall not depart out of thy mouth; **but thou shalt meditate therein day and night**, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and **then thou shalt have good success.**”*

*Psalms 1:1-2—“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. **2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.**”*

*Romans 12:2— “And be not conformed to this world: **but be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

*Romans 10:17—“So then faith cometh by hearing, and hearing by the word of God.”*

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*Colossians 2:6-7—“As ye have therefore received Christ Jesus the Lord, so walk ye in him: **7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.**”*

*2 Timothy 3:16-17—“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: **17 That the man of God may be perfect, thoroughly furnished unto all good works.**”*

*The Word Of God Must Become Our Primary Source Of Programming!*

**B. We Must Program Our Minds With Those Things That Are True, Honest, Just, Pure, Lovely, Of Good Report, Virtuous, And Praiseworthy! (Philippians 4:8)**

We must have nothing to do with the sources of wrong thinking.

*Ephesians 5:11—“And have no fellowship with the unfruitful works of darkness, but rather reprove them.”*

So, what is the right kind of Christian communication that honors God! (Ephesians 5:15-20)

*Colossians 3:16-17—“Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. **17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.**”*

***WE MUST RECOGNIZE THE SOURCES...OF WRONG THINKING AND AVOID THEM... OF RIGHT THINKING AND EMBRACE THEM!***

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**III. WE MUST RESIST THE TEMPTATION OF CONFIDENT  
THINKING! (Romans 12:3; 1 Corinthians 10:1-13)**

**Conclusion**

Now understand that we aren't going to be able to totally avoid the sources of wrong programming because of the world we live in! Not everything is in our control. We are going to face a spiritual battle as long as we are in this life!

That is why we need to heed the admonition of:

*Ephesians 6:10-13—“10 Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. 13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.”*

Part of that whole armor of God is the offensive weapon God has given to us of His precious Word! The Word of God can help us we battle the World, the Flesh, and the Devil in our lives!

Though a lot of what we are bombarded with in this world is out of our control, we should nevertheless, control the things that are in the realm of our control!

(The things we allow into our eye gate and our ear gate...and the close companions that we keep.)

Are the meditations of your heart acceptable in the sight of the Lord?  
What is on your mind? Is it full of God dishonoring garbage? What are you filling your mind with?

Maybe the problem is that you haven't got God's nature and divine power in your life. That only comes by being born again into His family!