

# Word Doers #5 James 1:22 Prove yourselves doers of the word...

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## Memory Exercises, part two

One – run – horse running in circle something on its back – Surrender and take control

Two – zoo – monkeys in cage throwing something out – human nature is sinful (broken)

Three – tree – bent over tree held down by something – gift of grace

Four – door – something wedged in revolving door – mercy seat, Passover blood of Christ

Five – hive – bees flying out of the hive carrying something – two Adams

Six – sick – hypodermic needle with something squirting out – flesh versus spirit

Seven – heaven – golden gates, St. Peter carrying something – control and rebellion

Eight – gate – railroad crossing gate pounding down on something – redeemed

Nine – wine – pouring from the wine bottle – justified by blood of Christ

Ten – den – den of lions coming out carrying something – be transformed

Eleven- football eleven - vigorous honesty

Twelve - shelve - denial

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Eleven - football eleven - You're going out for a long pass, when instead of by the ball, you are knocked to the ground by the object you are remembering.

Twelve - shelve – You are trying to get stuff off a shelf, and suddenly things start tumbling down on you. What falls on you is the object.

Thirteen - hurting - You feel a sharp pain, and notice blood coming out of your side in this huge wound. The object you are remembering causes the wound.

Fourteen - sorting – You are sorting laundry, when underneath your clothing, you see something unexpected the object.

Fifteen - lifting – You are at the gym, doing squats. Something is holding the bar down the object.

Sixteen - licking – You are eating an ice cream cone, but the ice cream cone has been replaced with the object.

Seventeen – leavening – You are kneading bread dough and notice bubbles coming up that are really the object you want to remember.

Eighteen - waiting – You are waiting for the bus. A bus pulls up, its doors open, but you cannot get in, because your way is blocked by the object.

Nineteen - shining – You are in the woods with your flashlight at night. Your flashlight is shining on the object.

Twenty - horn of plenty – You are standing before this horn of plenty, and it's so full things are coming out, and the first thing out is the object.

Twenty-one - dueling gun – You are firing a dueling gun at your opponent, and instead of a bullet, the object comes out of the gun.

## **DISCIPLINING THE MIND**

Philippians 2:12 and 13 God is working within us, but we still need to do our part by renewing the mind.

Ephesians 4:22-24 - Human nature with its sinfulness is inherited at birth. You did nothing to receive it. The new you with the “spiritual nature” of Christ within came with the new birth, and again you did nothing to receive it other than to accept it by believing.

The work we do now is to renew our minds to what we have in Christ and to live accordingly. What you think is the determining factor, so developing and disciplining your mind are essential.

## **MENTAL IMAGERY**

Many of us continue to hold in mind negative old you images that contradict the new you. Condemnation, guilt, shame, weakness, inability, different feeling, odd mindedness, and other degrading thoughts flood the mind and define how we believe about ourselves; yet, the Scriptures say we are not this way anymore. We mentally agree with the Scriptures, but we still feel the negative way we feel. Why is this so? The old way is our experience, and the new way is not yet our experience. What we experience is what we believe! Hearing the Word is always the first step, but application is necessary for it to become part of our faith.

Mental imagery is a natural process that can be one of the most powerful skills for enhancing faith, renewing the mind, and resisting temptations. You already engage mental imagery quite regularly when you anticipate your involvement in any situation.

The mind does not also have the ability to discern truth from error. (We are blessed to have the spirit to help discern this.) Have you ever watched a movie that has caused you to have an emotional reaction like crying, fear, or anger? The movie is a mental image that is not true, but your mind reacted as if it were true. Mental imagery can affect what we believe.

Dr. Shane Murphy, former head of psychological training for the United States Olympic committee, says: “Imagery...is the most important of the mental skills required for winning the mind game in sports.” Ninety percent of the athletes and nine-four percent of the coaches surveyed at the United States Olympic Training Center reported that they used imagery. Ninety-seven percent of the athletes and one hundred percent of the coaches agreed that imagery enhances performance.

Psalms 4:4 - Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.

Psalms 15:1 and 2 - O LORD, who may abide in your tent? who may dwell on your holy hill? He who walks with integrity, and works righteousness, and speaks truth in his heart.

Practice by focusing on incidents in the Scripture such as Jesus walking on the water, Jesus washing the disciples' feet, Israel going through the Red Sea, Passover. Try to use all of your senses in the image.

Try focusing on concepts such as Colossians 1:13 and 14 - He rescued us from the domain of darkness, and transferred us to the kingdom of his beloved son, in whom we have redemption, the forgiveness of sins.

Read Revelation 4 about the throne of God, close your Bible, and try to imagine what you have read in your mind.

### **Stop – Ask for help – Speak the Word – Action (SASA)**

What is your inner talk?

What does your inner talk tell you? How do you view yourself? Do you tell yourself you are a son of God, righteous, holy, justified, redeemed, and blameless?

Is your talk – loser, stupid, ugly, dumb, I can't do anything right, it is my fault; I am the one to blame, guilty, unlovable, unimportant, trapped; I can never change.

#### Destructiveness of negative thinking or self-talk

- Promotes unbelief
- Degrades self-confidence
- Distracts and impedes concentration
- Programs self-doubt and failure
- Influences other areas of your life

We must learn to say what the Bible says about us and not what the old you says

- Stop
- Ask for help
- Speak the Word
- Act (take action immediately)

Michael J. Asken, PH.D. in his book, *Warrior Mindset (Mental toughness skills for a Nation's peacekeepers)*, wrote the following:

“Here is how I demonstrate Negative Thought Stopping in training. After discussing the toxic nature of negative thoughts, I ask everyone to close their eyes and think a negative or critical thought about themselves related to a mission or a call. After they have concentrated on the thought for about five seconds, I suddenly bang my hand on the desk and yell loudly as I can, “Stop it!”

Everyone’s eyes pop wide open as they sit bolt upright and refocus their attention on me. The point I’m making with them, and confirmed when the students are asked, is that the negative thought was completely ejected from their thinking.”

**STOP** – The very first step is to stop the negative self-talk as soon as you realize it. Shout to yourself “Stop” or “No.” Physiologists suggest wearing a rubber band on your wrist that you can snap when the negative thought comes into your mind. You can develop the habit of interrupting insane thinking. You have the ability to do this! Stopping is the first but not the last step. We cannot just stop thinking about something without changing our focus.

The great Japanese Zen master and swordsman, Takuan described the paradox of trying not to think of something this way:

“To think that I am not going to think of you anymore is still thinking of you. Let me then try not to think that I am not going to think of you.”

**ASK** – God has given us the spirit to help us. Our Lord Jesus Christ will help us.

Hebrews 2:17 and 18

Therefore, he had to be made like his brethren in all things, so that he might become a merciful and faithful high priest in things pertaining to God, to make propitiation for the sins of the people. For since he himself was tempted in that which he has suffered, he is able to come to the aid of those who are tempted.

**SPEAK THE WORD** - Isolate a negative thought about yourself or temptation to sin, and then determine the Scripture that best fights that thought. Memorize the Scripture, or until you do, write it on a card and carry it with you. Stop the negative thinking, ask God for help, then speak the Word that will offset the negative (Matthew 4:1-ff). If this method worked with Jesus, it will also work for you. "For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." Hebrews 4:12

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

**Action** – This final step is imperative and often overlooked. After you speak the verse, take the action it demands.

Ephesians 5:18-20 – Stop getting drunk. Action - sing and give thanks

4:25 – Stop lying. Action - speak truth

4:28 – Stop stealing. Action - work and give

4:29 – Stop speaking unwholesome words. Action - speak words that edify

4:31 & 32 – Stop bitterness, wrath, anger, clamor, slander, and all malice

Action - be kind to one another, tender-hearted, forgiving each other

## **MENTAL IMAGERY PREPARATION FOR RESISTING EVIL**

Nothing can take the place of experience, but mental imagery can provide a great assistance. In the Super Bowl, both quarterbacks had extraordinary ability. The one with no playoff experience was outshined by the one who had many playoff experiences.

Focus on the last time you were tempted, and see clearly what you did wrong. Now with the understanding gained from SASA, see yourself in the same or similar situation doing the right thing. The next time you are tempted, you will not be caught off guard because you have a mental image of exactly what to do.

# Verses to Help When You Feel Like...

## ***Related to treating others***

Anger: Ephesians 4:26-27  
Revenge: Romans 12:19  
Mistreating others: Mat 7:12  
Inhospitable: Hebrews 13:2  
Fighting with others: Heb12:14  
Nagging: Proverbs 27:15  
Murder: Proverbs 28:17  
Losing your temper: Prov 29:11  
Enemy hatred: Mat 5:43-44  
Ridiculing others:1Thes 5:11

## ***Related to internal battles***

Hopelessness: 1 Peter 1:3  
An orphan: John 1:12-13  
Wild thinking: 2 Cor 10:5  
Stressing out: Matthew 11:28  
Anxious: Matthew 6:26  
Stealing: Ephesians 4:28  
Bitter: Ephesians 4:32  
Selfish: Philippians 2:3  
Prideful: Romans 12:3  
Denial: 1 John 1:9  
Overconfidence: Proverbs 27:1  
Bragging: Proverbs 27:2  
Isolated: Proverbs 27:17  
Unforgiveness: Matthew 6:15  
Judging others: Matthew 7:2  
Unloved: Romans 8:38-39  
Cowardice: Revelation 21:8

## ***Related to evangelism***

Not sharing gospel: Rom 1:16  
Preaching is foolish:1Cor1:18

## ***Related to relationship/sex***

Improper dressing:1Tim 2:9-10  
Usurping husband: Eph 5:22  
Harshness to wife: Eph 5:25  
Pornography: Matthew 5:28  
Divorce: Malachi 2:16  
Adultery: Proverbs 5:3-4  
Marry a divorcé: Mat 5:32  
Sexual fantasies: Matthew 5:8  
Sex outside marriage:1Thes4:3  
Abortion: Luke 1:41-44

## ***Related to spiritual disciplines***

Neglect the Bible:2Tim 3:16-17  
Skip fellowship: Heb 10:24-25  
Showy praying: Matthew 6:6  
Showy fasting: Matthew 6:16  
Flouting obedience: Mat 7:21  
Lukewarm: Luke 9:62

## ***Related to children***

Ignoring discipline: Prov 29:15  
Angry at children: Eph 6:4  
Dishonoring parents: Ex 20:12

## ***Related to substance abuse***

Drunkenness: Eph 5:18-19  
Breaking the law:1 Pet 2:13-14  
Smoking marijuana: 1 Thes 5:8  
Using drugs: 1 Peter 5:8

## ***Related to integrity/finances***

Cheating in business: Dt 25:15  
Stinginess: 2 Corinthians 9:7  
Cheating on taxes: Rom 13:7  
Greed: 1 Timothy 6:10  
Dishonest riches: Prov 28:6  
Getting rich quick: Prov 28:19  
Ignoring the poor: Prov 28:27  
Oversleeping: Prov 6:10-11  
Laziness: Proverbs 20:4  
Working under table:Prv 11:18  
Showy almsgiving: Mat 6:3  
Slacking off on the job:Col 3:23

## ***Related to speaking***

Using foul language: Eph 4:29  
Lying: Ephesians 4:25  
Telling dirty jokes: Eph 5:4  
Perjury: Zechariah 8:17  
Morning loudness: Prv 27:14  
Impulsive talking: Prv 29:20  
Trash talking: Colossians 4:6  
Deceptive speech: Zeph 3:13  
Not listening: James 1:19

## ***Related to worldliness***

Entertaining with sin: Ps 101:3  
Celebrity gossip: Php 4:8  
Worldly acceptance: 1 Jn 2:15  
Violent entertainment: Ps 11:5  
Partying: Romans 13:12