

Session 5 – Guide

EDIFY: Shape Your Life for Good

How Not To Think



This guide provides the key questions, protocols, quotes and further study recommendations to help deepen your understanding and application of the session's content.

Setting the Stage

Introduction

In Session 5 of the EDIFY series, we delve into the topic "How Not To Think." This session explores the complex nature of human thought, the impact of our subconscious on our thinking patterns, and the importance of aligning our thought life with the teachings of Jesus Christ. The goal is to provide practical guidance on how to move away from negative and destructive thinking and embrace a gospel-centered mindset.

Each day, we are confronted with choices that shape our minds and, ultimately, our lives. Will we be shaped by social media or by Scripture, by the popular ideologies of our time or by the mind of Christ, by the us-versus-them rage of the age or by the story of God's reconciling grace? What shape will we allow our minds to take?

If we too often take in too many of the screaming voices of the media as they constantly seek to encroach upon every waking nanosecond of our thoughts and feelings, it is inevitable that we will be molded into their disfigured image and forget who we are and what we are about as followers of Christ. We need a constant and steady intake of gospel illumination to be pumped into our intellectual and emotional veins in order to maintain our Christ-shaped identity and not lose our souls to the culture.

The discussion was framed around four key questions: What is thinking? How is love the most foundational and highest form of thinking? How is the world teaching us to think? And what does it mean to practice a gospel way of thinking? Through scripture, personal reflection, and shared wisdom, this session aims to help you transform your thought life to reflect the mind of Christ.

Let's Grow!

Key Questions

1. What is Thinking?

Reflect on the dual nature of our thought processes—conscious and subconscious—and how our self-awareness plays a role in how we think and act.

2. How is Love the most foundational and highest form of thinking?

Consider how true love prioritizes the well-being of others and how this aligns with God's nature, which is foundational to all true knowledge. – 1 Corinthians 8:1-3

3. How is “The World” deforming our thinking?

Explore how cultural influences, social media, and societal norms shape our thinking, often in ways that are contrary to the gospel. – Proverbs 4:23 / Romans 12:2

4. What does it mean to practice a “Gospel way” of thinking?

Reflect on the importance of aligning our thoughts with the teachings of Jesus and allowing the Holy Spirit to renew our minds. – Philippians 2:5-8 / Romans 6:10-12

Practical Protocols

Practice the art of thinking with God by:

1. Thinking about God

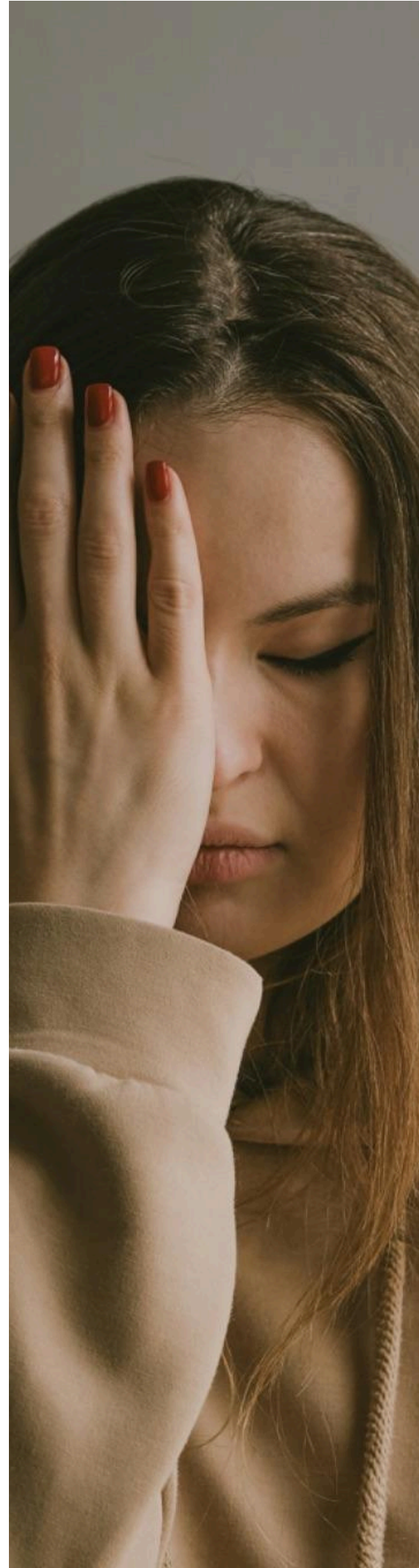
- **Psalm 1:1-2:** *"Blessed is the one...whose delight is in the law of the Lord, and who meditates on his law day and night."*
- *Spend time each day reading scripture, contemplating God's nature, and discussing His works with others. Immerse yourself in the story of God to cultivate a mind focused on His truth.*

2. Directing your thoughts towards God

- **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."*
- *Rather than trying to suppress or ignore negative thoughts, gently direct them toward God. Invite Him into your thought processes and seek His perspective on the matters that occupy your mind.*

3. Combine 1 and 2 and begin to imagine what God's thoughts are towards you.

- **Psalm 139:17:** *"How precious to me are your thoughts, God! How vast is the sum of them!"*
- *Engage in "Sanctified Imagination" by asking God what His thoughts are toward you. Write down these thoughts as if God is speaking directly to you, internalize them, and recite them daily to reshape your identity in Christ.*



Key Quotes for Reflection

*"The warfare against self is the greatest battle that was ever fought." **Steps to Christ, page 43***

*"I think, therefore I am." **René Descartes***

*"Neurons that fire together, wire together." **Hebb's Rule***

*"Knowledge puffs up, but love edifies." **1 Corinthians 8:1***

*"I am in Christ what I am not in myself." **Ty Gibson***

*"When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness. Then as the Lord looks upon us He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah." **Christ Object Lessons, page 311***

Reflect and Respond

- **Personal Reflection:** Which of the key questions resonates most with you? How can you apply the answers to your daily life?
- **Identify Negative Thought Patterns:** Are there specific negative thoughts or beliefs that regularly affect your thinking? What steps can you take to redirect these thoughts toward God?
- **Commit to Mental Renewal:** Choose one of the practical protocols to focus on this week. How will you integrate thinking about God, directing your thoughts toward Him, or imagining His thoughts about you into your daily routine?

Further Study

Read [Stop Tinkering](#) - blog by Ty Gibson