

Dive! FBCD Women's Ministry
Dwell Differently by Natalie Abbott and Vera Schmitz
Chapter 2 (Truth to Overcome Negative Thinking)
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"A good man brings good things out of the good stored up in his heart" (Luke 6:45a).

WHAT ARE WE THINKING?

Startling Statistic: Studies say we think about 6,000 thoughts per day, most of which are negative and repetitive.

- Our thoughts are like well-worn pathways. Once we have thought something, we are more likely to think it again.
- Fortunately, those thought pathways can be re-routed. The lies, doubts, and wrong thoughts can be replaced with God's Word. We are not left to ourselves to figure out the right pathways.
 - Because of the core characteristics of Scripture, we can be confident that God's Word will re-route us correctly. It is inspired, inerrant, infallible, authoritative, necessary, sufficient, and clear.

WHAT SHOULD WE BE THINKING?

Biblical Goal for Our Thinking: "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things" (Philippians 4:8).

- **Question:** Does this verse describe your thought life?
- If we're going to have 6,000 mostly repetitive thoughts in our heads, we want **God's words on repeat** instead of our negative thoughts.
 - "We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ" (2 Corinthians 10:5).
- What we store in our hearts will pour out of us. It will affect the way we speak to ourselves and to others.
- Our thoughts affect our emotions, and our emotions affect our actions. We must change our thinking in order to experience meaningful life change.

WHY MEMORIZE SCRIPTURE?¹

1. Hiding God's Word in our hearts is an act of obedience.

- "Let the word of Christ dwell in you richly..." (Colossians 3:16).

2. Scripture memory helps keep us from sin.

- "How can a young man keep his way pure? / By guarding it according to your word. / With my whole heart I seek you; / let me not wander from your commandments! / I have stored up your word in my heart, / that I might not sin against you" (Psalm 119:9-11).

3. Memorizing Scripture transforms our entire way of thinking.

- "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect" (Romans 12:2).

4. Learning verses helps us respond to difficulties in an appropriate manner.

- "Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing" (James 1:2-4).

5. God uses Scripture to guide us.

- "Your word is a lamp to my feet and a light to my path" (Psalm 119:105).

6. Memorization helps fuel meditation on God's Word.

- "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 good success" (Joshua 1:8).

7. Scripture fills us with hope.

- "For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope" (Romans 15:4).

8. We follow Jesus' example when we memorize Scripture.

- Matthew 4:1-11

"God shows the beauty and excellence of Christ only to those who look into the Word of God. This is why **true spiritual change comes from reading and pondering and memorizing the Bible**. It's not because you learn rules to obey. It's because that is the place the Lord reveals the beauty and excellence of Christ" (John Piper).²

¹Beougher, T. (2024, August 30). *The Importance of Scripture Memory in the Christian Life*. Southern Equip. <https://equip.sbts.edu/article/the-importance-of-scripture-memory-in-the-christian-life/>

²Piper, J. (2024, October 2). *Wonderful Things from Your Word*. Desiring God. <https://www.desiringgod.org/messages/wonderful-things-from-your-word>

WHAT GOOD SHOULD WE STORE UP IN OUR HEARTS?

“No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. **A good man brings good things out of the good stored up in his heart**, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of” (Luke 6:43-45).

1. Observation - What does the passage say?

- **Repeated words of contrast:** good and bad
- **Comparison:** The heart is compared to a tree.
 - Good trees produce good fruit, and good things come from a good man’s heart.
 - Bad trees produce bad fruit, and evil things come from an evil man’s heart.
 - Trees are known by their fruit, and a person’s heart is known by what comes from his mouth.

2. Interpretation - What does the passage mean?

- **Context:** Jesus is delivering the Sermon on the Plain to a mixed crowd.
 - “And he came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea and Jerusalem and the seacoast of Tyre and Sidon” (Luke 6:17).
 - People are flocking to Jesus for healing, and he preaches a packed sermon containing beatitudes, woes, commands, and teaching on holiness and commitment.
- **Meaning:** When we fill our hearts with the Word of God, we will think, speak, and act in noticeably good ways.
- **Cross-references:** Isaiah 55:10-13; Psalm 1:1-3; James 3:1-12

3. Application - What will I do about what the passage says and means?

- **Questions:** What good fruit is apparent in my life? What bad fruit is apparent in my life? How will I commit to storing up good in my heart? What changes do I expect to observe if I commit to storing up good in my heart?
- **Prayer:** *“Lord, you promise good things for me when I store up good things in my heart. I know that you are my greatest good and that your Word helps me look more like you. Help me believe this is true and that you are at work in my life as I memorize and meditate on the good things you say. Lord, I want new pathways in my mind. Give me weapons of truth to fight my own thoughts and the lies of the enemy. And when I struggle to believe you have good things for me, please help me with my unbelief. Amen”* (Schmitz, 2024, p. 38).