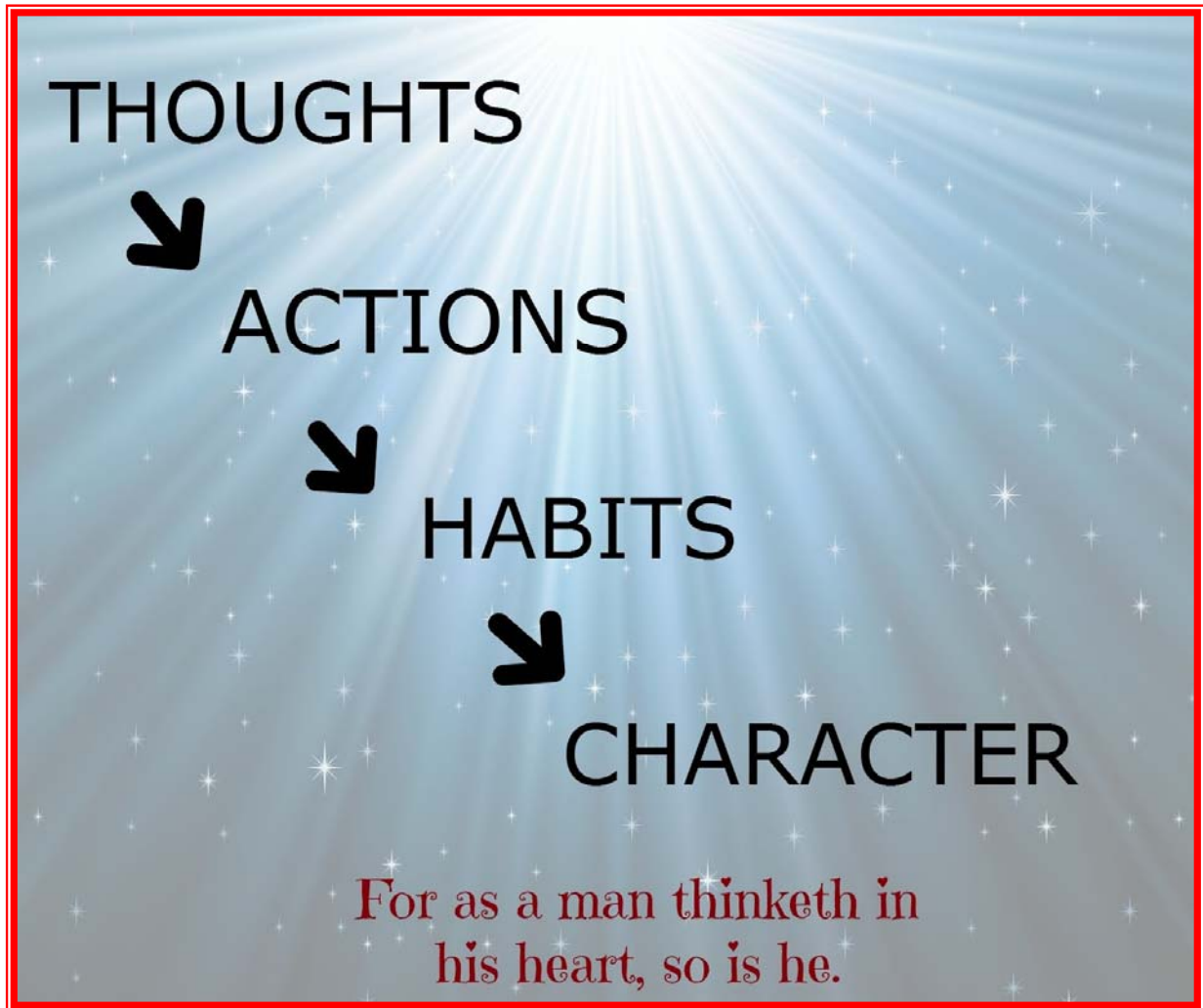


# “AS A MAN THINKS...”



**Proverbs 23:7**

Source of Diagram: <https://www.tes.com/lessons/>

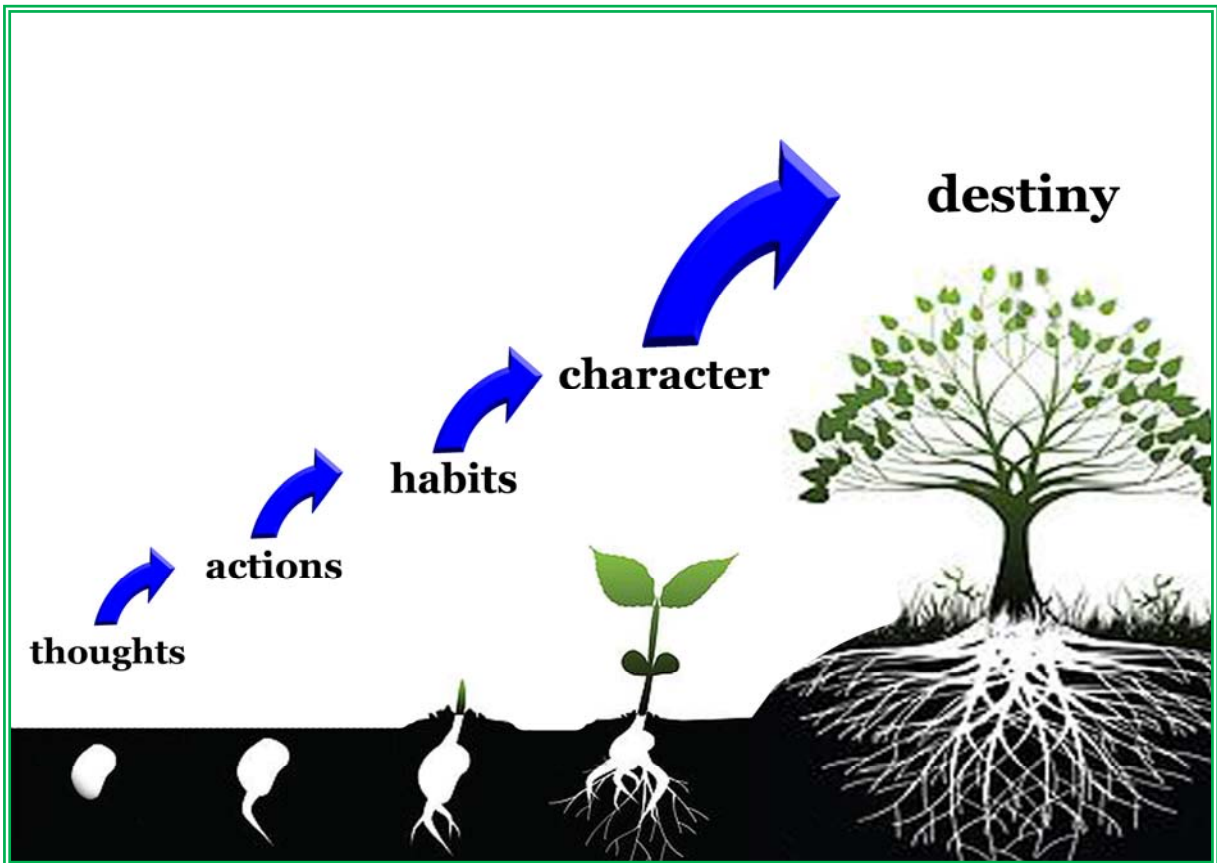
**Charles R. Williams**

**OTHER PERSPECTIVES ON THE WORDS;**

**"AS A MAN THINKS..."**

thoughts  
BECOME  
words  
WHICH  
BECOME YOUR  
actions WHICH BECOME YOUR habits  
WHICH BECOME YOUR  
character WHICH BECOMES YOUR destiny

Source: [www.thought-of-the-day-georgescream.com](http://www.thought-of-the-day-georgescream.com)



Source: [www.thought-management.com](http://www.thought-management.com)

## “As a Man Thinks...”

**TEXTS: Proverbs 23:7; Mark 7:15-16**

### INTRODUCTION:

1. "You are what you eat" is a common expression.
  - a. Our physical bodies certainly use what we eat as energy and raw material for new tissue.
  - b. However, this adage is not entirely true for Jesus says...

**Mark 7:15-16**---There is nothing that enters a man from outside which can defile him; but the things which come out of him; those are the things that defile a man. If anyone has ears to hear, let him hear!"

- c. Jesus is explaining that we are not necessarily what we eat but what we think.
  - d. Solomon also said...

**Proverbs 23:7**---For as a man thinks in his heart, so is he.

2. Even though we are what we think, we are not always what we think we are.

- a. Paul says in...

**Romans 12:3**---For I say, through the grace given to me, to everyone who is among you, not to think *of himself* more highly than he ought to think, but to think **soberly**, as God has dealt to each one a measure of faith.

- b. He says we should "**think soberly**."
    - 1) This means to think seriously and realistically.
    - 2) After all, we are ambassadors for Christ and kings and priests in training for God's Kingdom.

**Revelation 1:5-6**---To Him who loved us and washed us from our sins in His own blood,<sup>6</sup> and has made us kings and priests to His God and Father, to Him *be* glory and dominion forever and ever. Amen.

3. Nevertheless, we still fight our nature of flesh.
  - a. We cannot allow ourselves to be puffed up due to our positions, abilities, gifts, or authority that God has given us.
  - b. How we use these will be determined by how we think about them.

4. One of the most important things we do is to think.
  - a. Our thinking can be profitable or futile.
  - b. We are—or should be—the masters of our thoughts.
  - c. We can think of good or we can think of evil—the choice is ours.
  - d. However, we must not (perhaps cannot) think both good and evil thoughts.
  - e. WHY? To try and do both simultaneously is like trying to traveling east and west at the same time.

**Discussion:**

**I. We Must Strive to Think About Only the Good.**

A. A thought must be all good, for if it contains any evil, it is evil.

1. So we have to choose carefully what to think.
2. Our thoughts are:

righteous	or	unrighteous,
clean	or	unclean,
moral	or	immoral,
honest	or	dishonest,
pure	or	impure,
true	or	untrue,
just	or	unjust,
good	or	bad, etc.

B. In order to think about what is, we must define “good” and how we can identify it.

1. “Good” is an adjective defined as morally excellent; virtuous; righteous; pious: satisfactory in quality, quantity, or degree: right, proper, well behaved, kind, friendly, honorable, in good standing, genuine, sound, valid, reliable, dependable, and favorable.
2. However, what is good according to one person may not be good to another.

**II. There Must Be a Standard in Order to Properly Define and Apply the Word “Good.”**

A. That standard is the written word of God.

**Psalm 119:11**---Your word I have hidden in my heart, that I might not sin against You."

1. Like a costly treasure, God's word should be hidden in our hearts, our minds, so that we guard ourselves from sinning against God in thought, word, or deed.
2. We always sin in thought before we sin in word or deed because the things that defile us, as Jesus said, originate inside of us.

**James 1:14-16**---But each one is tempted when he is drawn away by **his own desires** and enticed. <sup>15</sup> Then, when **desire has conceived**, it gives **birth** to sin; and sin, when it is full-grown, brings forth **death**. <sup>16</sup> Do not be deceived, my beloved brethren.

**The process of becoming BAD:**

**Sinful seed thought + conceived + birth + full grown + death = LOST**

**The process of becoming GOOD:**

**Word of God + conceived + born again + maturing + life = SALVATION**

B. We do what we do because of how we think and what we think about.

1. A thief is a thief because he thinks like a thief.
2. A liar is a liar because he thinks like a liar.
3. An adulterer is an adulterer because he thinks like an adulterer.

**Matthew 5:27-28**---"You have heard that it was said to those of old, 'You shall not commit adultery.' <sup>28</sup> But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.

**Isaiah 55:7**---Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the LORD, and He will have mercy on him. . . ."

- 1) The word "forsake" can also be translated as "to leave" or "to refuse."
- 2) We need to refuse to think unrighteous thoughts because unrighteous thoughts will lead to unrighteous or wicked ways.

C. There are only two ways to think: the righteous way and the unrighteous way.

1. Jesus made this point very vividly:

**Matthew 7:17-18**---Even so, every good tree bears good fruit, but a bad tree bears bad fruit. <sup>18</sup> A good tree cannot bear bad fruit, nor *can* a bad tree bear good

fruit. <sup>19</sup> Every tree that does not bear good fruit is cut down and thrown into the fire. <sup>20</sup> Therefore by their fruits you will know them.

2. James makes the same point about the tongue.

**James 3:8**---*It (tongue) is an unruly evil, full of deadly poison.* <sup>9</sup> With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. <sup>10</sup> Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. <sup>11</sup> Does a spring send forth fresh *water* and bitter from the same opening? <sup>12</sup> Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.

- a. No one can live a righteous and unrighteous life at the same time.
- b. One can, however, forsake—leave or refuse—his unrighteous thoughts and return to the Eternal, and He will abundantly pardon.

- D. We must learn how God thinks:

**Isaiah 55:8-9**---For My thoughts are not your thoughts, nor are your ways My ways,' says the LORD. 'For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts higher than your thoughts.'"

NOTE: [The word "thoughts" means "purpose or intention." When we think unrighteous thoughts, our purposes and intentions are not the same as God's, because He never thinks unrighteous thoughts. The word "ways" implies "direction." When we think unrighteous thoughts, they will lead us in the wrong direction to live a way in opposition to God's ways.]

1. David was a man who learned to think like God.
  - a. David was "a man after My own heart."
  - b. He desired his purposes and intentions to be like God's, to walk in the same direction that God did.
2. It should be our goal to have God say this about us, that we are people after His own heart.

**Psalms 119:97**---"Oh, how I love Your law! It is my meditation all the day."

- a. If David authored this psalm, he did not sit around all day with his legs crossed, hands on his knees, and eyes closed, meditating on God's law.
- b. He was a king; every day was a busy day.
- c. He had to make countless decisions, solve difficult problems.
- d. He had to make crucial judgments every day.

- e. He thought about God's law and applied it to all his decision-making, problem-solving, and judgment-rendering throughout his day.
3. **Illustration:** A martial arts instructor, wanting to teach his students how to meditate, told them that the first thing they needed to do was to empty their minds of all their thoughts. Upon hearing this, a group of half-dozen or so students quit his class, saying they were not emptying their minds of all their thoughts because this could open them up to Satan. Both the instructor and the students misunderstood what meditation really is. Meditation is simply refined thinking; it is focusing or concentrating on a certain idea.
- a. Jesus did have something to say about an empty house, which illustrated an empty mind:

**Matthew 12:43-45**---When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. <sup>44</sup> Then he says, 'I will return to my house from which I came.' And when he comes, he finds *it* empty, swept, and put in order. <sup>45</sup> Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last *state* of that man is worse than the first. So shall it also be with this wicked generation."

- b. Emptying and cleansing the mind is not enough; it must be furnished with the good. HOW?
  - 1) Paul says that we must bring "every thought into captivity to the obedience of Jesus Christ" (**2 Corinthians 10:5**).
  - 2) This takes meditating or thinking in a focused manner on God's word and applying it to our life all day long.
  - 3) Doing this gives us little time or desire for unrighteous thoughts.

### III. With What Must We Fill Our Minds?

**Philippians 4:8-9**---Finally, brethren, whatever things are **true**, whatever things *are noble*, whatever things *are just*, whatever things *are pure*, whatever things *are lovely*, whatever things *are of good report*, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. <sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

A. We must think on things that are **TRUE**: not tainted with anything false.

**John 1:14**---And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and **truth**.

**John 4:24**---God *is* Spirit, and those who worship Him must worship in spirit and **truth**.

**John 8:31-32**--Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the **truth**, and the **truth** shall make you free.”

**John 17:17**---Sanctify them by Your **truth**. Your word is **truth**

- B. We must think on things that are **NOBLE**: honest, honorable, and dignified

**Luke 8:15**---But the ones *that* fell on the good ground are those who, having heard the word with a **noble** and good heart, keep *it* and bear fruit with patience.

**Acts 17:11**---These were more **fair-minded** (noble) than those in Thessalonica, in that they received the word with all readiness, and searched the Scriptures daily *to find out* whether these things were so.

- C. We must think on things that are **JUST**: fair, right

**Proverbs 4:18**---But the path of the **just** *is* like the shining sun, that shines ever brighter unto the perfect day.

**Proverbs 11:1**---Dishonest scales *are* an abomination to the Lord, But a **just** weight *is* His delight.

**Revelation 15:3**---They sing the song of Moses, the servant of God, and the song of the Lamb, saying: “Great and marvelous *are* Your works, Lord God Almighty! **Just** and true *are* Your ways, O King of the saints!

- D. We must think on things that are **PURE**: clean, unadulterated

**Matthew 5:8**---Blessed *are* the **pure** in heart, For they shall see God.

**2 Timothy 2:22**---Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a **pure** heart.

**James 3:17**---But the wisdom that is from above is first **pure**, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

**1 Timothy 1:5-6**---Now the purpose of the commandment is love from a pure heart, *from* a good conscience, and *from* sincere faith,<sup>6</sup> from which some, having strayed, have turned aside to idle talk.

- E. We must think on things that are **LOVELY**: endearing, amiable, lovable

**Proverbs 11:22**---As a ring of gold in a swine’s snout, *So is* a **lovely** woman who lacks discretion.

- F. We must think on things that are of **GOOD REPORT**: kindly spoken of, gracious



**Proverbs 15:30**---The light of the eyes rejoices the heart, *And a good report* makes the bones healthy.

G. FINALLY...”the things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” Phil. 4:8

**CONCLUSION:**

1. As a man thinks, that is the kind of life he will live.
2. The more we think on the good, the good will be seen in our lives.
3. The more we think on what is evil, then evil will be seen in our lives.

# The Four Chambers of the Moral Heart

**TEXT: Romans 10:10**

## **INTRODUCTION:**

1. Any heart disease is threatening; however, the spiritual disease of the heart is the most threatening.
  - a. Great progress has been made in understanding the disorders of the physical heart
  - b. Great leaps and bounds have brought us to a point to where bypass surgery has about the same risk as an appendectomy.
  - c. However, what kind of progress has been made to understand the moral center of man's being: To some, it has been shrouded in myth and fiction.
2. The moral heart, like the physical heart, is constructed of four chambers.
  - a. All four chambers have a distinct function and each must be kept in proper working order to ensure a healthy heart. (**See chart and functions of the chambers on the last page of this outline**)
  - b. The Physical Heart: The upper two chambers are called the "atria" – the lower two are called the "ventricles"
  - c. The Moral Heart: four chambers to the moral heart are: Knowledge, Feelings, Conscience, Will
    - 1) **The Digestive Chamber**
    - 2) **The Combustion Chamber**
    - 3) **The Judicial Chamber**
    - 4) **The Executive Chamber**
3. Let's now begin a study of the four chambers of the moral heart, and notice that when we keep these in good working order we will be the kind of Christian God wants us to be.

## **DISCUSSION:**

### **I. THE INTELLECT IS THE DIGESTIVE CHAMBER OF THE MORAL HEART:**

A. This chamber equips man for three activities:

1. **Knowing**

## 2. **Thinking**

## 3. **Understanding**

B. This is closely kin to that of the digestive organs for the physical man

1. The mind not just a receptacle but a facility for knowledge just as the stomach is not just a silo but a refinery for food.
2. The intellect collects and stores (knowing), chews and breaks down (thinking), and then distributes and assimilates (understanding) the information and experience gathered through the five senses.

C. Faith is an act of intellect, not an act of the emotion.

**Romans 10:17**---So then faith *comes* by hearing, and hearing by the word of God.

D. There are three rules for the care of the intellect that correspond to the three God-given faculties that it possesses:

1. Proper diet
2. Proper exercise
3. Proper clothing

E. The proper diet for the intellect is “truth”

**John 8:32**---And you shall know the truth, and the truth shall make you free.”

**John 14:6**--Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

F. The proper exercise for the intellect is the “study and meditation” of truth

**1 Timothy 4:13**---Till I come, give attention to reading, to exhortation, to doctrine.

**2 Timothy 2:15**---Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

G. The only way to clothe the intellect and protect it from the hazards of such elements as falsehood and myths is by “applying the truth to oneself.”

## **II. THE EMOTION IS THE COMBUSTION CHAMBER OF THE MORAL HEART:**

A. As the word e-motion suggests it is the portion of the heart that moves man.

1. The emotions are fueled by the intellect.

2. The information and experience gathered through the five senses and digested by the intellect feed and ignite reactions within the emotion chamber.
3. Our emotions, spark a chemical change within the body that “turn on” a man for action – to flee, to fight, to cry, to rejoice, to love. [Ill.---See a lion nearby]

**1 Peter 1:13**---Therefore gird up the loins of your mind, be sober, and rest *your* hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ;

B. How does a person control his emotions? : By steering his intellect

1. He turns off his emotional burners by turning his head or his attention and by refining the mixture of information and experience which fuel his emotion
2. A man controls his emotions by pondering wholesome things.

**Philippians 4:8**---Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

C. If we never master our self we are always a slave to another.

### III. THE CONSCIENCE IS THE JUDICIAL CHAMBER OF THE MORAL HEART:

A. Conscience is the apparatus that sits in judgment over a man’s actions and is for this reason described as the Judicial Chamber of the heart.

1. It is constantly on watch delivering its verdict on past, present, and even future action.
2. It commends or condemns past action, accuses or excuses present conduct, and approves or disapproves contemplated activity.

**Romans 2:15**---who show the work of the law written in their hearts, their conscience also bearing witness, and between themselves *their* thoughts accusing or else excusing *them*)

B. The conscience is properly a judicial and not a legislative chamber.

1. The conscience does not make laws, it only enforces them
2. The conscience must be informed properly of right and wrong, truth and falsehood, good and evil, sin and righteousness, vice and virtue

3. The conscience is good at judging and policing action, but it is only as dependable as the standard it has been taught.

C. It is vulnerable to three sorts of injuries:

1. An uneducated or misinformed conscience like an ignorant jury or a sleeping dog will let the trespasser go free, so that Paul said when he persecuted the church

**Acts 26:9**---Indeed, I myself thought I must do many things contrary to the name of Jesus of Nazareth.

2. It can be disregarded and so trampled upon, like unshod feet, the conscience grows callous after its blisters heal and becomes dull and insensitive:

**Ephesians 4:19**---who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

3. A lie is its worst enemy, just like a false witness is the foe of a court room. For this reason the conscience of liars and hypocrites are said to be seared:

**1 Timothy 4:2**---speaking lies in hypocrisy, having their own conscience seared with a hot iron,

#### IV. THE WILL IS THE EXECUTIVE CHAMBER OF THE MORAL HEART

A. Man is endowed with the power of choice and the will is the seat of that faculty.

**Mark 8:34**---And when he had called the people unto him with his disciples also, he said unto them, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me."

1. The other chambers are subject to the will.
2. The intellect empowers the will to make informed decisions, but the attention of the intellect is turned by the will.
3. A man decides with what to fill his intellect like he does his belly, by a pattern of choices he develops habits of thought, and having understood a truth he decided what to do about it.
4. While the will must push the intellect, it must restrain the emotion.
  - a. The emotions tug at the will like a horse at the reins, but the will is in the saddle and tames the hearts (or emotion) by turning the head (or intellect) this way and that.
  - b. In fact, we sometimes say to the impatient, "Hold your horses!"

- B. The conscience lobbies the executive chamber of the will to act in accord with justice.
1. The will decided whether to heed or to trample the appeals of the conscience.
  2. Furthermore, by an act of will man applies the intellect to the training of his conscience and so chooses his counselors like a president chooses his cabinet.
  3. He can fill it with flatterers who always applaud him or fill it with wise advisers who censure him when necessary

**CONCLUSION:**

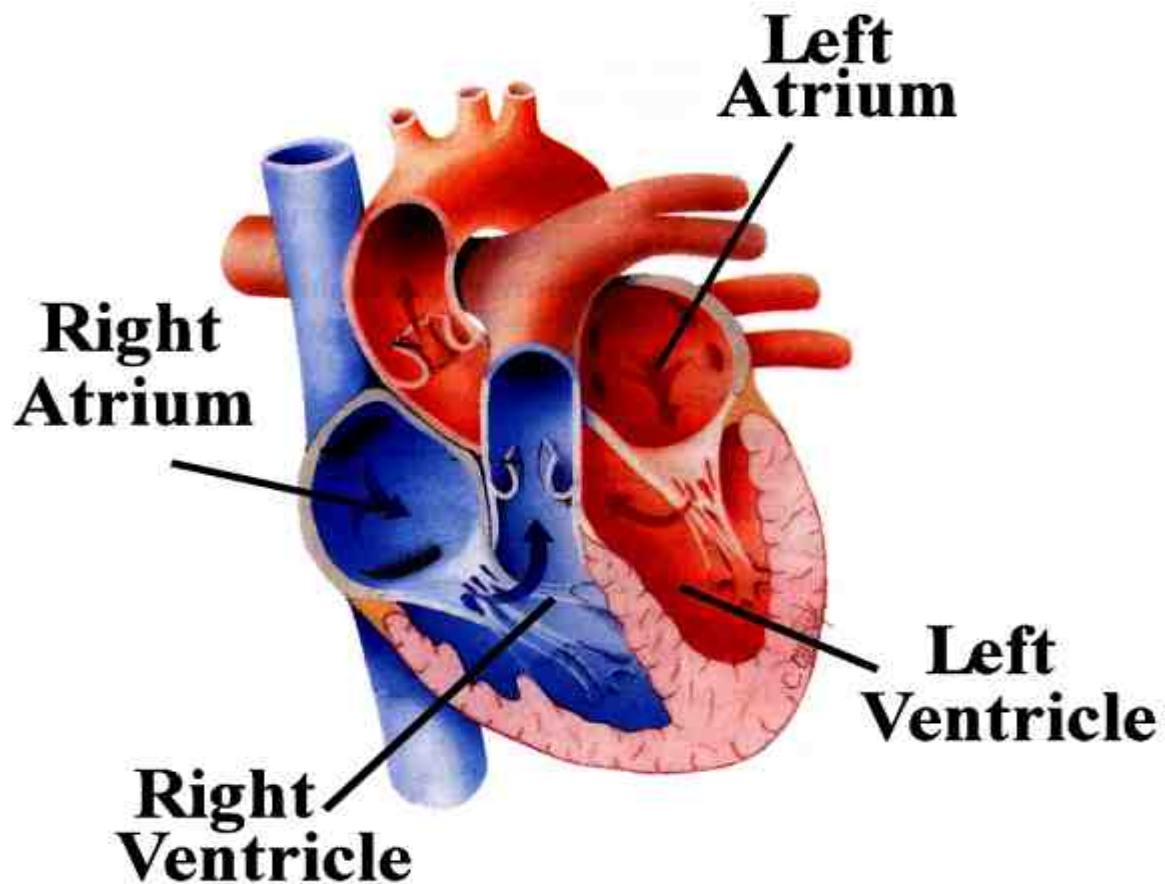
1. The physical heart is a thing of wonder but the moral heart is even more so.
2. See how it is made, learn how it functions, know the risk factors, and understand how to care for your moral heart - keep it healthy.

**Sources:**

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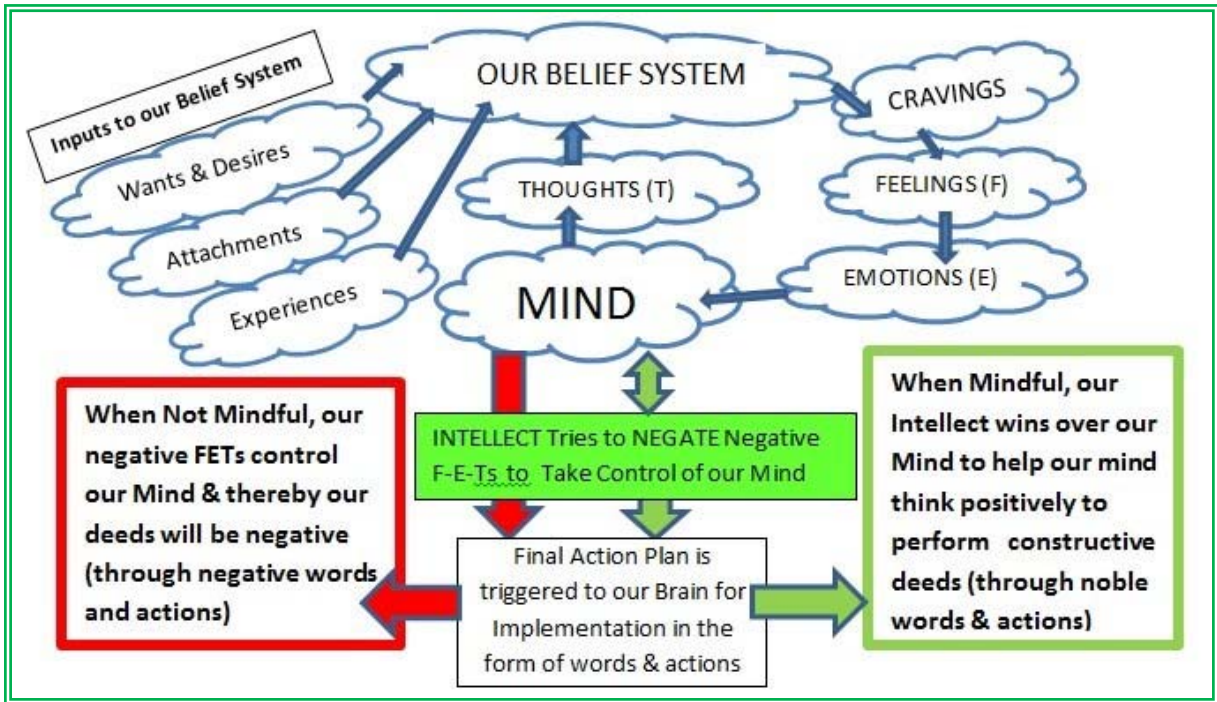
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The heart consists of four chambers in which blood flows. Blood enters the right atrium and passes through the right ventricle. The right ventricle pumps the blood to the lungs where it becomes oxygenated. The oxygenated blood is brought back to the heart by the pulmonary veins which enter the left atrium. From the left atrium, blood flows into the left ventricle. The left ventricle pumps the blood to the aorta which will distribute the oxygenated blood to all parts of the body.



Source: <https://www.linkedin.com/pulse/what-should-we-watch-become-our-thoughts-words-actions-shyam-mankikar>