

26-0222a - Detailed Summary

26-0222a - Wholesome Thinking, Part 1, Jim Lokenbauer

Bible Readers: Roger Raines and Wyatt Woosley

This detailed summary by Grok, xAI, (Transcription by TurboScribe.ai)

See the transcript: [Transcript HTML](#) - [Transcript PDF](#)

Wholesome Thinking, Part 1

Scripture Readings

1st Reading (0:04 - 0:48): Roger Raines

Philippians 4:4-7: Roger begins the service by reading from Philippians chapter 4, verses 4 through 7, emphasizing rejoicing in the Lord always, letting one's gentle spirit be known, and being anxious for nothing but instead making requests known to God through prayer and supplication with thanksgiving. He notes that the peace of God, surpassing all comprehension, will guard hearts and minds

Continued

in Christ Jesus.

2nd Reading (0:53 - 1:13): Wyatt Woosley

2 Peter 3:1: Wyatt reads from 2 Peter chapter 3, verse 1, where Peter stirs up sincere minds by way of reminder in his second letter to the beloved.

Summary of Transcript (0:04 - 26:51), Preacher: Jim Lokenbauer

(1:19 - 4:14) Lesson Introduction

The preacher, Jim, acknowledges Wyatt's reading. He greets the congregation and introduces the lesson on the importance of wholesome thinking, intending to present it in two parts. He explains that the Holy Spirit is concerned with what occupies Christians' minds, referencing 2 Peter 3:1 where Peter stimulates wholesome thinking through reminders. Other translations use terms like sincere, pure, or honest minds. In the context of Peter's letters, this prepares believers against false teachers introducing worldly ideas. The lesson focuses on how wholesome thinking supports good mental health and reveals God's will. He discusses factors affecting wholesome thinking, such as fear, worry, and anxiety, which lead to unwholesome thoughts. Fear is described as a natural response to immediate danger, triggering fight or flight, and is short-lived once the threat passes, like in a driving hazard.

(4:15 - 10:02) Negative Emotions Defined

Worry involves mental preoccupation with possible negative outcomes, leading to repetitive thoughts aimed at anticipating or solving problems, but becomes problematic when excessive and uncontrollable, escalating to anxiety. Anxiety is future-oriented stress about potential threats that may not exist, unlike fear's tie to present danger, such as concerns over a sermon, exam, job interview, or health. It combines emotions like fear, apprehension, and worry, potentially causing restlessness, sleeplessness, concentration difficulties, and panic attacks. Physically, it leads to muscle tension, heart palpitations, nausea, chest pain, and shortness of breath, sometimes mimicking heart attacks. These emotions rob peace of mind essential for wholesome thinking and

contribute to a mental health crisis in the country, affecting many families. Wholesome means sound, contributing to mental health, favorable to morals, religion, or prosperity, including wholesome advice, doctrines, and truths. In ancient times, the heart was seen as the center of thought, emotion, morality, and memory; Egyptians preserved it in mummification for afterlife judgment, Aristotle viewed it as generating vital pneuma for sensation and movement. Judeo-Christian beliefs see humans as body, soul, and spirit; God breathed spirit into man, animating the body, and spirit returns to God at death. Leviticus states life is in the blood, suggesting spirit resides there, with the heart pumping oxygenated blood throughout the body.

(10:03 - 13:43) Thoughts and Heart

The brain acts as an input-output device in the central nervous system, coordinating with other organs, leading King David to praise God for being fearfully and wonderfully made. Jesus, knowing humans fully, alludes to thoughts forming in the heart. Jim speculates if the soul resides in the heart. In Luke 6:43-45, Jesus teaches that good trees bear good fruit and bad trees bad fruit, recognized by their produce; good people bring good from stored in their hearts, evil from evil, as the mouth speaks from the heart's overflow. People are known by their fruits, revealed in speech and actions. Regardless of whether mind is in brain or heart, individuals are responsible for thoughts and meditations. Minds must be trained to evaluate thoughts against the standard of God's Word. In 2 Corinthians 10:5, Paul instructs demolishing arguments against God's knowledge and taking every thought captive to obey Christ. Believers should defend God, His Word, and church against false religions, theories, and philosophies. Taking thoughts captive involves self-control, weighing them against moral teachings, rejecting contrary ones without dwelling.

(13:44 - 20:58) Overcoming Unwholesome Thoughts

Thoughts cannot be prevented from arising due to human nature, but persistent bad ones require rejection, prayer, and refocus. In 1 Peter 1:13-16, Peter advises preparing minds for action, being self-controlled, setting hope on grace at Christ's revelation, not conforming to former evil desires, and being holy as God is holy. As obedient children, believers must exercise self-control against recurring evil desires, remembering purification by Christ's blood for holy living. God desires holy thoughts; evaluate unwholesome ones against His Word, reject or redirect to heavenly hope. Believers are not alone; Satan tempts with negative thoughts of unworthiness or old sins to lead astray. Combat as Jesus did, using God's Word against Satan. Jesus promised the Holy Spirit as helper, received upon belief and obedience. If overwhelmed, pray for strength, guidance, and immerse in God's Word. Paul advises in Philippians 4:4-7, ruminating verse by verse as God's solution for unwholesome thoughts. Verse 4 commands rejoicing in the Lord always, repeated for emphasis, even amid persecution faced by Paul and the church. Rejoice by remembering identity as God's elect, children, and Christ's bride. Trusting God, bigger than problems, makes rejoicing an antidote to anxiety, part of wholesome thinking shifting focus from self to eternal goals. Paul told Corinthians to fix eyes on unseen eternal things, not temporary seen ones. Avoid self-absorption; focus on helping others. Blessed with heaven's hope, spiritually protected by God, trials build character and test faith.

(20:59 - 22:30) Rejoicing in Adversity

Jim continues emphasizing that trials build Christian character, and Paul's command in Philippians 4:4 to rejoice in the Lord always is not merely a suggestion but a direct apostolic command,

repeated for emphasis. Peter similarly encourages rejoicing in 1 Peter 4:12-13, urging believers not to be surprised by painful trials as if something strange were occurring, but to rejoice in participating in Christ's sufferings so they may be overjoyed when His glory is revealed. Rejoicing in the face of adversity is presented as a choice that maintains a good disposition, allowing others to notice and desire the same joy, prompting questions like why someone remains so happy amid difficulties.

(22:31 - 25:12) Gentleness and Prayer Against Anxiety

In Philippians 4:5, believers are instructed to let their gentleness be evident to all because the Lord is near. A mind under self-control, aligned with God's Word, produces peace and a calm, gentle spirit. Christians should constantly remember God's nearness for help, guidance, and occasional correction. Verse 6 commands not to be anxious about anything, but in everything to present requests to God through prayer and petition with thanksgiving. Anxiety is identified as one of the great adult sins with severe harmful effects on body and mind, described earlier as fear and worry intensified. God desires peace for His people rather than suffering from anxiety. Jim recalls Jesus calming the storm and rebuking the disciples with "O you of little faith, why were you afraid?" Anxiety, worry, and fear reflect a lack of trust in God. When concerns are turned over to God in prayer, believers should trust Him to work things out in His time, understanding that He sometimes permits difficulties for spiritual growth. After praying, trust and peace should follow. Jesus' teaching in Matthew 6 is quoted extensively: do not worry about life, food, drink, or clothing, as life is more than these; observe how birds are fed by the heavenly Father without sowing or reaping, and people are far more valuable; worrying adds no time to life; Gentiles strive after such things, but the Father knows needs; seek first God's kingdom and righteousness, and all will be provided; do not worry about tomorrow, as each day has enough trouble.

(25:16 - 26:51) God's Peace and Invitation

Philippians 4:7 promises that the peace of God, which transcends all understanding, will guard hearts and minds in Christ Jesus. When anxiety, worry, and fear—negative emotions that erode faith—are surrendered to God who cares, His peace fills the void, guarding both the physical heart and spiritual mind with indescribable peace of mind. Jim announces that the lesson on wholesome thinking will conclude in the evening service. He extends the invitation for anyone needing help or prayers from the saints to come forward. He concludes by referencing Isaiah 26:3, stating that God will keep in perfect peace those whose minds are steadfast because they trust in Him, urging trust in God for perfect peace.