



# BREAK THE CHAINS OF STINKING THINKING

*A Plan to Redirect Your Focus Onto God And Away From The Lies*



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# BREAK THE CHAINS OF STINKING THINKING AND TRANSFORM YOUR LIFE



There is one truth you should know about yourself which is you are created in God's image and he has a specific plan for your life. You are fully equipped for your purpose, but your thinking has to be in alignment with God. Your thinking has a direct impact on your actions and whether you will be effective in doing kingdom work. I hope you are excited about the possibilities of God's plan for your life, but it's important that you're also aware that the enemy, Satan has a plan for your life as well.

The enemy has been compiling a thick file about you since day one. He loves to prey on God's children. He has been taking note of all your fears, vulnerabilities, weaknesses, sin, shame, or guilt that you've been holding onto and uses them as seeds to plant in your mind. The enemy is a squatter taking up prime space in your mind with a goal of making stinking thinking a habit in your life to render you in a position of inaction.

## STINKING THINKING CYCLE

**Seeds of negativity are sowed by the enemy based on lies**



**Your thoughts start reflecting the lies which leading to stinking thinking**



**Stinking Thinking keeps you in a holding pattern and renders you in a state of inaction**

**Your inaction deprives you from the opportunity to do God's work, live on purpose and serve others.**



## STINKING THINKING DOESN'T FIT WHO YOU ARE IN CHRIST!

Stinking thinking has no place in your life as a child of God! The enemy knows that if he can successfully attack your mind he will have a direct impact on your heart and your actions. When your mind is filled with negative thoughts your vision is clouded. Stinking thinking inclines you to be self-reliant rather than God-reliant. Stinking thinking focuses on "I"...*"I can't, I'm not good enough, I'm not smart enough, I don't have enough."* We know that nothing is possible without God and nothing is impossible with God. Stinking thinking distracts you from relying on the Lord because you are too consumed with what you can't do, which is the enemy's goal...to weaken your faith and relationship with God.

Stinking thinking doesn't have to be a way of life. Scripture tells us how we should think and what we should be thinking about. Don't allow the enemy to reside in your mind any longer, it's time for an eviction!

# WHAT ARE THE ENEMY'S 5 GOALS THROUGH STINKING THINKING



## #1 DISTRACT

To draw away or divert. Prevent someone from giving full attention to something. To stir up or confuse with conflicting emotions or motives

The stinking thinking seeds are first planted with the plan to draw you away from thinking that is in alignment with Christ and to divert your mind off God's path for your life. These seeds are designed to stir up personal confusion and doubt about who you are in Christ!

## #2 DECEIVE

Give a false impression, a bait, a trap, to ensnare, delude, or to beguile. The Greek word *planao* means to go astray or wander or to lead into error. To cause to believe what is not true.

Stinking thinking originates from deceit, the lies that the enemy wants you to think about yourself that don't match who you are in Christ. When your mind is full of lies, you stray from God's plan for your life because you don't believe you are equipped to pursue your purpose. Stinking is a trap that holds your mind captive and eventually blocks you from taking the necessary actions to do God's work.

## #3 DISCOURAGE

To be disheartened, dispirited To make (someone) less determined, hopeful, or confident, to make less likely to happen.

Discouragement is two-fold. First, the enemy wants you to believe you are ill-equipped. He wants those negative thoughts to keep you dishearten and broken-spirited. If your spirit is broken you'll have no motivation, confidence or determination to do God's work or encourage others.

Stinking thinking is contagious and the enemy wants his attack on you to be far-reaching. Your thoughts that affect your actions and heart can be manifested to discourage others.

## #4 DEPRIVE

To withhold or take something away from and especially something that is usually considered essential for mental or physical well-being

The enemy's goal is to deprive you of God's blessing and opportunities. When you allow stinking thinking to strangle your dreams you withhold the gifts that God designed you to give. You also deprive others who may have been inspired by your gifts.

## #5 DESTROY

Samad (Greek) Annihilate, exterminate, corrupt, spoil, ruin or waste

The enemy's ultimate plan is to destroy and annihilate your dreams and to render you useless in kingdom work. The goal of Satan for your life is self-destruction. He wants to extinguish your passion and purpose.

## THE APOSTLE PAUL DISHES OUT ADVICE ON STINKING THINKING



The Apostle Paul was well aware of the snares of stinking thinking and knew our thoughts have a powerful influence on our attitude, actions, and ability to live on purpose and carry out God's will for our lives. In *Philippians 4:8* he tells us, ***“Finally brothers 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 those things.”*** This type of thinking originates from a spiritual perspective and is a prescription to cure stinking thinking.

If anyone had a reason to succumb to negative thinking it was Paul the Apostle. Paul was persecuted, beaten, chained, jailed, stoned, and shipwrecked if there is anyone who had every right to be a stinking thinker it was Paul. He could have let all those obstacles hold him back from spreading the gospel, but instead, he says in *Philippians 3:14*, ***“But this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,”*** Paul knew the importance of focusing on what was ahead, he didn't allow the enemy to plant the seeds of hopelessness even when the situation was hopeless. Paul had a spiritual perspective with his purpose firmly planted in his mind that allowed him to carry out the actions necessary to be effective in God's plan for his life.

### QUESTIONS TO REFLECT UPON

WHAT IS IT THAT GOD  
HAS PUT ON YOUR HEART  
TO PURSUE?

WHAT AREAS OF YOUR  
LIFE ARE YOU MOST  
LIKELY TO EXPERIENCE  
STINKING THINKING

WHAT TRIGGERS ARE A  
CATALYST TO YOUR  
STINKING THINKING?

FOR EX. YOUR PAST,  
REJECTION, GUILT,  
OTHERS THOUGHTS  
ABOUT YOU.

HOW HAS STINKING  
THINKING HELD YOU  
BACK FROM YOUR  
VISION?

# REDIRECT YOUR FOCUS FROM STINKING THINKING TO GODLY TRUTHS

## A FOCUS FROM GOD'S POINT OF VIEW

## A FOCUS FROM THE ENEMY'S POINT OF VIEW

## HOW TO EVICT STINKING THINKING

### *Whatever is True:*

Jesus is the truth, the way and the light. Our mind and eyes need to be set on Jesus. Scriptures tell us that all things are possible for those who love Christ, not some, but all. There is nothing we are incapable of if it is Christ's will.

The enemy plants seeds of blatant lies to make you believe you're worthless, hopeless, useless, and inferior. The more you're convinced of these lies the more ineffective you become in God's kingdom. as you doubt your identity in Christ.

The enemy will retreat when hit with the truth. The more truth you store up in your heart and mind the less space stinking thinking has to expand and grow.

### *Whatever is Noble:*

Do you know that you are a daughter of the King? You have an inheritance that can not be tarnished. Your focus should be on the eternal.

Satan wants to weaken your spirit by making you believe you are inferior. He doesn't want you to focus on the bigger picture of the eternal but on the temporary circumstances that seem impossible.

Affirm to yourself that you are an heir, chosen to be in the Kingdom of God and because of that he has already equipped you to fulfill your purpose.

### *Whatever is Right:*

Right is defined as being in accordance with what is just, good, or proper. Through studying God's word we can discern between what is right and what is wrong.

The enemy wants you to focus on everything that is wrong in your life. The goal is to keep your focus on the unfairness of your circumstances, leaving you angry and bitter.

Take inventory of all your blessings. Focus on God's provision by recounting all that is right and good in your life. Cultivate an attitude of gratitude for his abundance.

### *Whatever is Pure:*

God doesn't want your mind to be polluted. He wants you to focus on what is pure and good.

The enemy tries to plant seeds of doubt, fear, guilt, jealousy and shame in our garden. He aims to pollute our mind with junk, keeping our vision murky so we are unable to see God's vision for our life.

You were chosen, set apart, sanctified through the blood of Christ and forgiven for your sins and made pure. You can move forward guilt free because of Christ's sacrifice on the cross.

# REDIRECT YOUR FOCUS FROM STINKING THINKING TO GODLY TRUTHS

## A FOCUS FROM GOD'S POINT OF VIEW

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## HOW YOU CAN EVICT STINKING THINKING

### ***Whatever is Lovely:***

God wants you to focus on what is delightful in the Lord's eyes and desires for your thoughts to be in harmony with him.

The enemy is most powerful when turmoil is brewing. The more stressed, unhappy and unsettled you are the wider the door is for him to enter. If your thoughts are chaotic you're less likely to take action towards God's purpose for your life leaving you unfulfilled.

Take pleasure in the simple and delightful things in this life. Never forget God's promise of eternity when you leave this world. Intentionally create harmony and seek beauty and peace in people and world around you.

### ***Whatever is Admirable:***

God wants you to focus on what is admirable and deserving of respect. Stinking thinking does not respect who you are in Christ.

The enemy is focused on lowering your spiritual esteem. When you're weak spiritually it is an opportune time for Satan to chip away at your thoughts and confidence in Christ.

Our confidence doesn't evolve from self, but from Christ. Spiritual confidence stands as a barrier between you and stinking thinking

### ***Whatever is Praiseworthy:***

The Lord wants us to fill our mind with praise for him! If we spend time praising God the correct thinking will follow.

The enemy wants you to remain in a state of ungratefulness. If you're living out of a place of ingratitude there's no room to praise God. When we stop praising God, we fall head first into Satan's trap.

Don't be a fair-weather Christian. Praise God in all circumstances both good and bad. Show God your love, reverence, and faith in all situations. When you do this you place safeguards around your mind.

*Job 15:31*

*Let him not deceive himself by trusting what is worthless,  
for he will get nothing in return.*

# IT'S TIME TO GIVE STINKING THINKING THE BOOT



You have kingdom work to do my friend! I hope you are excited about God's plan for your life! I pray that you pursue your dreams and passion with the assurance that you are fully equipped to do God's will. However, your thinking has to be in alignment with God! Stinking thinking will leave you ineffective and always feeling as though there is something you should be doing, and well actually there is ... God's will!

**Let's get started on an action plan that will help you give stinking thinking the boot!.**

*Psalm 139:23*

*"Search me, God, and know my heart;  
test me and know my anxious thoughts.*

## 1<sup>ST</sup> STEP

### SELF EXAMINATION

Self-examination is key to your defense when evicting stinking thinking. It's important to take an honest look at yourself, examining the pretty and not so pretty parts. Once you are honest about your thinking pattern you can start transforming your mind.

#### **Identify Your Stinking Thinking Hot Spots**

Examine the areas of your life where you tend to experience negative thinking, For example, finances, career, relationship, goals, etc.

#### **Recognize the Triggers Leading to Stinking Thinking**

Think about the triggers that are a catalyst to the stinking thinking that follows? Some common triggers include:

- Past Traumas
- Previous Failures
- Mistakes
- Disappointments
- Fears
- Assumptions or judgments people have about you.

#### **Identify the Words in Your Stinking Thinking Script**

What are the self-talk phrases that play in your mind when you are stinking thinking? For example, "I'm not smart enough, talented enough, good enough, etc.

Self-examination gives you a deeper insight into what areas of your life are sensitive to stinking thinking, why the seeds are sowed (triggers), and the destructive self-talk that pushes down transformation.



## 2ND STEP AWARENESS

Self-examination is a segway into the second step to evicting stinking thinking which is awareness. Admitting that stinking thinking has taken a hold on your life and having a heightened sense of awareness of your thoughts empower you to make a change. If you see it, admit, and acknowledge it is a stumbling block to your purpose you can tackle it on.

A crucial step in awareness is thinking about your thoughts. Start being intentional about recognizing the stinking thinking script while it's rolling through your mind and what is triggering those thoughts,

Reach out to others that you trust who have the right to speak into your life to mention to you when they see stinking thinking rearing its ugly head.

## 3RD STEP EXERCISE YOUR ABILITY TO CHOOSE

Evicting stinking thinking and transforming your mind is a choice. You have to choose your thoughts and be proactive in how you decide to think. Make a choice to not be enslaved by stinking thinking. You can break the chains by refusing to allow the enemy to capitalize on your weaknesses, fear or past. If you want to live on purpose then choose to seek goodness, choose to safeguard your mind, and choose to be surrounded by encouragement.

It's a fallacy when people say, "I just can't help how I think, that's the way I am!" That is a lie straight from the enemy. The enemy wants you to believe that you are a victim of a belief system that doesn't fit who you are in Christ. You have the freedom to choose the narrative you want to live and it starts with a thought that is in alignment with what is true and that does not come from the seeds of stinking thinking. Everyday be intentional about renewing your mind.

## 4TH STEP PRAYER & MEDITATION

The number one defense against stinking thinking is prayer and being armed with the truth. Meditating on scripture and praying for daily renewal of your mind will keep you focusing on Paul's prescription in Philippians 4:8. Transforming our mind takes constant affirmation and turning our mind away from the lies.

DEFEAT DOESN'T COME FROM WHAT OTHERS SAY ABOUT  
YOU IT COMES FROM WHAT YOU BELIEVE IN YOUR HEART  
AND MIND...KNOW WHO YOUR ARE AND YOUR INFINITE  
POSSIBILITIES!



# PRACTICAL TIPS TO EVICT STINKING THINKING



## **Pray, Pray, Pray!**

Prayer is the most potent remedy to cure a case of stinking thinking. When negative thoughts are rushing in fast and furious, it's time to get into prayer warrior mode. The enemy is loud, but when you start praying, God will drown out the noise so the truth can pour into your mind and heart.

The enemy's seeds can't grow if you're not watering them with your attention by redirecting your focus to God.

## **Stay Present**

The enemy has a thick file on your weaknesses, vulnerabilities, sin, and any guilt or shame you haven't turned over to God. Stinking thinking loves to haunt us with our past! Living in the past keeps you from living fully in the present and from being effective. Looking backwards doesn't allow you to see the path God has in front of you. Make a choice to close old chapters. Forgive, make peace where peace needs to be made, give grace, accept grace, honor your past, get help if needed and move on to what God has in store for you!

## **Guard Your Mind:**

This is the only time I'll advocate snobbery. Be a snob about what you expose your mind to, whether it's television, gossip, coarse language, or anything else that muddies your thoughts. The enemy uses a variety of vehicles to infiltrate your mind. Discernment is the perfect stinking thinking seed killer so know the truth by meditating on scripture.

## **Keep A Healthy Distance from Discouragement**

Everyone experiences negative thoughts and we need to be generous with grace both to ourselves and others. However, it is important to safeguard what we are allowing to enter our spirit. The old saying misery loves company is very much alive! Inhaling second-hand negative thinking is dangerous for your state of mind. Remember that the enemy has a far-reaching plan to infect by using others as a carrier.

## **Replace Negative Thoughts with Gratitude**

The mind and heart are connected. When you foster a grateful heart, your mind has minimal room for negative thoughts and stinking thinking turns into an unwanted guest. It may keep ringing the bell to get in, but you can remove the welcome mat. So how do you do this?

Find the blessing in the mess. I suggest starting a Blessings Journal. Write down at least one blessing a day. Keep the journal close by so when stinking thinking creeps in you can write down God's goodness instead of focusing on what's lacking. Remember to be God-reliant instead of self-reliant.

## **Seek Goodness**

Be intentional about seeking Paul's prescription for thinking in Philippians 4:8. Look through your spiritual eyes and not your worldly vision. Don't dwell on the storm look for the rainbow. Roll back the curtain to remember and meditate on God's goodness and provision.

## **Enlist a Stinking Thinking Accountability Partner**

There's a scripture about how you can trust the wounds of a friend. We don't see ourselves or hear ourselves like others do, but having a trusted friend speak truth into your life is invaluable. Find an accountability partner that has the right to speak into your life to help keep you on the positive track. This takes a little bit of courage, so be prepared for some honest feedback, but it will help keep you aware of your thoughts and when they are in need of attention.

## SCRIPTURES TO HELP YOU KICK THE STICKING THINKING HABIT



### **Romans 8:5-6**

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.”

### **Romans 12:2**

“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.”

### **Psalms 119:15**

“I will meditate on your precepts and fix my eyes on your ways.”

### **2 Corinthians 10:5**

“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”

### **2 Timothy 1:7**

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

### **Colossians 3:2-3**

"Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. "

### **Philippians 3: 13-14**

"Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."

### **Psalms 51:10**

Create in me a clean heart, O God, and renew a right spirit within me.

### **John 8:32**

And ye shall know the truth, and the truth shall make you free.

