

STONES OF REMEMBRANCE

WEDNESDAY NIGHT BIBLE STUDY | PASTOR ELY REYNOLDS | APRIL 17, 2024

#3 = A REMINDER OF A _____

Leviticus 14:33-45

- What you choose to think about, what you choose to notice, and what you choose to remember plays a huge role in your mental battle!
- Stones, in the Bible, have a lot to do with remembering certain things.
- V. 34 = They conquer Canaan later and some of them move into houses that have a _____ in the house.
- The plague was in the stones. These stones made up the foundation and structure of their houses.
- There are many thoughts and memories at the _____ of who we are as a person.
- Some of the foundational things we think about ourselves or God can be _____.
- How do you handle plaguing thoughts that have taken up residence in your mind?

HOW TO DEAL WITH PLAGUING THOUGHTS

1. _____ the right things.

- a. Here is a great principle to remember: don't believe everything you _____.
- b. Just because you thought it, that doesn't make it true.
- c. Just because you thought it, that doesn't mean the thought _____ with you.
- d. When you have plaguing thoughts, you need to tell yourself the _____.
- e. Numbers 11:5, "We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick:"
- f. They remembered the menu, but not the manual labor; the sustenance, but not the slavery; the cucumbers, but not the cruelty; the beets, but not the beatings.
- g. They remembered the wrong things!
- h. When you look back at your life, is the only thing you see something _____?

2. _____ the wrong things.

- a. Ecclesiastes 3:5, "A time to cast away stones, and a time to gather stones together..."
- b. V. 42 = They replaced some stones that had the plague in them.
- c. Some thoughts are worth remembering; some thoughts are worth replacing.
- d. Have you ever had a thought get in your mind and you just dwelled on it too long?
- e. **Thought:** Replace _____ "what if" thoughts with _____ "what if" thoughts.
- f. **Thought:** Replace "what if" thoughts with "what _____" thoughts.
- g. Philippians 4:8, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."
- h. When thoughts of worry, anxiety, fear, anger, or sin begin plaguing your mind, choose to replace those thoughts with good ones.
- i. II Corinthians 10:5, "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"
- j. Take your _____ captive or your _____ will take you captive.

What thoughts or memories are you focusing on?

Are you battling some _____ thoughts?

Is it time to stop dwelling on something and cast it down?