

# CHANGING YOUR MENTAL ALGORITHM

**Philippians 4:6–9**

Change the algorithm. Change the life.

# YOUR ALGORITHM

What is shaping the way you think?

## “Why am I seeing this ad?”

What you click • watch • linger over • respond to • share

What I see



What I respond to



What I see next

Repeated input can shape the pattern.

$+$   
 $\cdot$   
 $0$

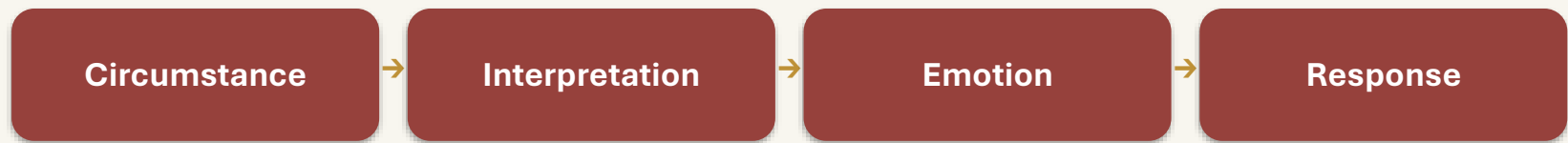
# Algorithm

a set of instructions or rules that can be followed to solve a problem.

$+$   
 $\cdot$   $0$

# WE HAVE MENTAL ALGORITHMS

A pattern for processing life



**Someone  
criticizes me:**

**“They don't respect  
me.”**

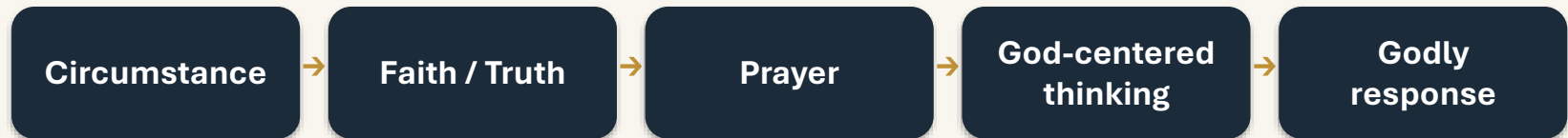
**anger → resentment →  
retaliation**

**The question:**

**WHO IS WRITING THE ALGORITHM?**

# PHILIPPIANS 4:6–9

The Christian alternative



*“Whatever things are true... whatever things are noble... just... pure... lovely... of good report... meditate on these things.”*

**Philippians 4:8**

**The Christian mind is not an empty mind. It is a reprogrammed mind.**

## GOD WANTS TO CHANGE WHAT WE DWELL UPON

---

- Be anxious for nothing — v. 6
- Take the problem to God — prayer, supplication, thanksgiving
- Let God's peace replace anxiety — v. 7
- Deliberately direct your thoughts — v. 8
- Put good actions into practice --- v. 9

**Old: “What if everything goes wrong?”**

**New: “What is true? What does God say? What can I pray about? What can I do better?”**

# CALEB: CHANGE FEAR INTO FAITH

Numbers 13:26–33; 14:6–9

**THE SAME CIRCUMSTANCES. A DIFFERENT  
ALGORITHM.**

**TEN SPIES**

**CALEB**



**“Do not fear... the LORD is with us.” — Numbers 14:9**

He didn't deny the giants. He refused to make them bigger than God.

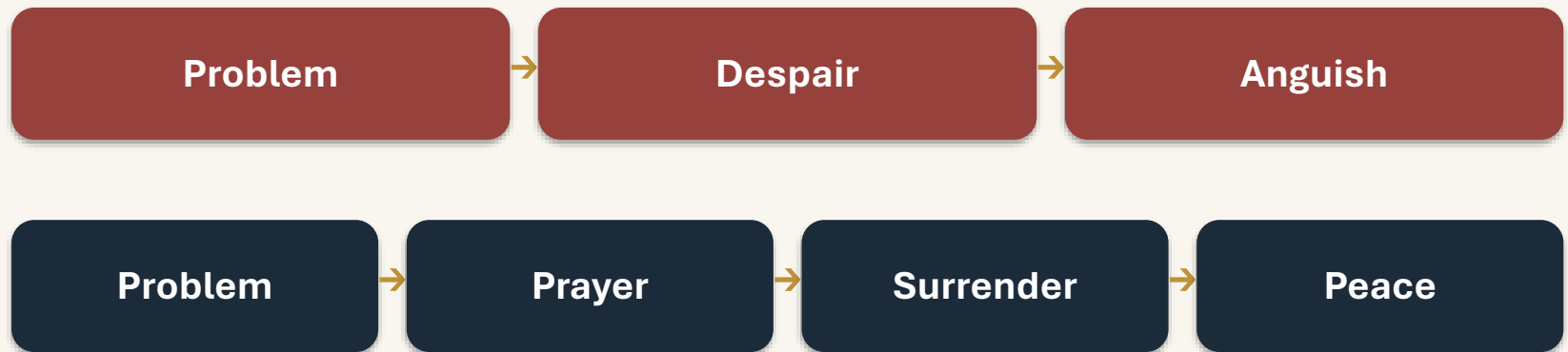
## CALEB'S QUESTION FOR US

**“Am I looking at my problem through my  
circumstances,  
or am I looking at my circumstances through  
my faith?”**

**Faith does not deny the problem.  
Faith puts the problem in the presence of God.**

# HANNAH: CHANGE ANXIETY INTO PRAYER

1 Samuel 1:9–18



*“I... have poured out my soul before the  
LORD.”*

And she said, “Let your servant find favor in your eyes.” Then the woman went her way and ate, and her face was no longer sad.

1 Samuel 1:15, 18

## HANNAH'S LESSON

**“When I cannot control the circumstances,  
I can give the circumstances to God.”**

**Sometimes we pray:**

**“God, change my circumstances.”**

**Faith can also pray:**

**“God, change me while I am living in these circumstances.”**

# DAVID: CHANGE SELF-TALK INTO GOD-TALK

Psalms 42:5-11

Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God. **Psalms 42:5, 11**

I am discouraged



God is still God



I will hope in Him

**Not every thought that enters your head deserves to remain there.**

# PREACH A SERMON TO YOURSELF

---

**“I'm worthless.”**

**“God doesn't care.”**

**“There's no hope.”**

**ASK:**

**Is this thought TRUE?  
Is it consistent with what  
God has revealed?**

**Philippians 4:8**

**“Whatever things are  
true...”**

# THE PRODIGAL: CHANGE YOUR DIRECTION BY CHANGING YOUR THINKING

Luke 15:11-24

*“But when he came to himself...”*

Luke 15:17

## OLD ALGORITHM



## NEW ALGORITHM



# REPENTANCE BEGINS IN THE MIND

“I feel bad about what I did.”



“I now see my situation differently,  
and therefore I am going in a different  
direction.”

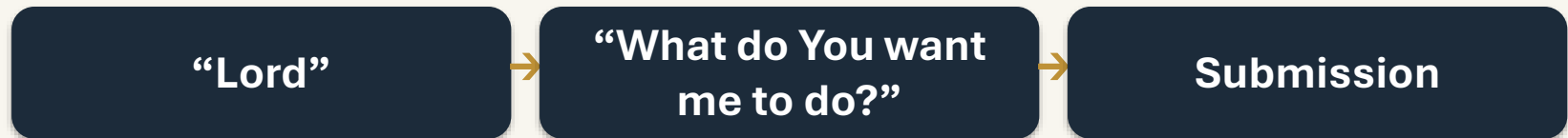
Thinking changes → direction changes → life changes

# SAUL: THE ULTIMATE CHANGE OF MIND

Acts 9



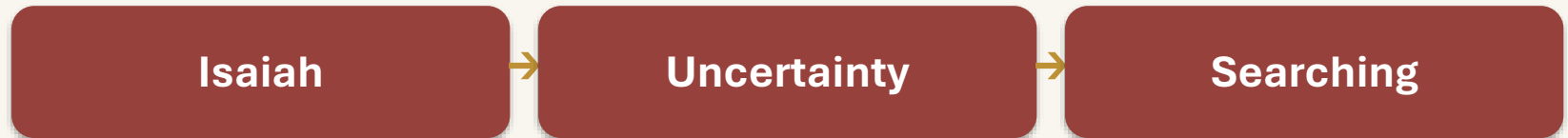
## ENCOUNTER WITH CHRIST



**The persecutor becomes the preacher.**

# THE ETHIOPIAN EUNUCH: TRUTH PRODUCES OBEDIENCE

Acts 8:26–40



**PHILIP TEACHES HIM ABOUT JESUS**



*“See, here is water. What hinders me  
from being baptized?”*

**Acts 8:36**

He didn't merely acquire information. He acted on what he learned.

# CONVERSION: A NEW WAY OF SEEING LIFE

**Hear**

Romans 10:17

**Believe**

John 8:24

**Repent**

Acts 2:38

**Confess**

Romans 10:9–10

**Be  
baptized**

Acts 2:38; 8:36–39

**LIVE DIFFERENTLY**

Romans 6:3–4

**“I now see God, sin, Jesus, myself, and eternity  
differently.”**

**Romans 12:2 — “Be transformed by the renewing of your mind.”**

# THE NEW ALGORITHM MUST BECOME A NEW WAY OF LIVING

Philippians 4:8–9

VERSE 8

## THINK

VERSE 9

## DO

Christianity isn't just positive thinking.

**Think God's thoughts → develop God's perspective → make godly decisions  
→ live a godly life.**

# CHANGE THE ALGORITHM

---

**Caleb**

**Fear → Faith**

**Hannah**

**Anxiety → Prayer**

**David**

**Despair → Hope**

**Prodigal**

**Self-will → Repentance**

**Ethiopian Eunuch**

**Confusion → Understanding → Obedience**

**Saul**

**Opposition to Christ → Submission to Christ**

**YOU MAY NOT BE ABLE TO CHANGE  
EVERY CIRCUMSTANCE IN YOUR LIFE.**

**BUT THROUGH GOD'S WORD,  
YOU CAN CHANGE THE WAY YOU PROCESS THOSE  
CIRCUMSTANCES.**

Thinking changes → Choices change → Direction changes → Life changes

**CHANGE THE ALGORITHM.  
CHANGE THE LIFE.**

# WHAT WILL YOU CHANGE?

A final invitation

**Will you allow God's Word to reshape the way you think?**

**Hear • Believe • Repent • Confess • Be Baptized • Live Differently**

Romans 12:2

**“Be transformed by the renewing of your mind.”**

**Change the algorithm. Change the life.**