



# Right Mindset Training

*Statements by E. G. White*



**P**eter urges us to not just know the truth but be in remembrance of it always, continuously – to be established in the present truth:

- We are to look to the teachings of the Spirit of Prophecy as a light that shines in a dark place until the day dawns that Jesus arises in our hearts.
- This training will bring the experience of righteousness by faith that we are to seek with all diligence. She declared that not even one in one hundred understood this.

Ellen G. White became the world's most-published female non-fiction author. She attained to this title even though she only received an education to the third grade. Ellen G. White was led by the Holy Spirit to expand in specific detail on the Bible doctrine of right thinking.

Right Mindset Training became a major theme in her writing, and she repeatedly reminded us of our need for it for our salvation. It is grounded in her copious writings on the love of Jesus Christ and righteousness by faith, evidenced in her acclaimed books about the life of Christ, like *The Desire of Ages*.

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1. **Training the Thoughts** — The actual discipline of life is made up of the little things. The training of the thoughts is essential. Manuscript 76, 1900.
  2. **Right Thoughts Do Not Come Naturally** — There is earnest work before each one of us. Right thoughts, pure and holy purposes, do not come to us naturally. We shall have to strive for them. The Review and Herald, November 28, 1899.
  3. **I Train my Mind, Tongue, and Thoughts** – He [Christ] died for me that I might be blessed and that His joy might remain in me. Therefore I keep my mind in that channel; I educate it; I train it; I train my tongue; I train my thoughts; I train all that there is of me that I may fasten it upon Jesus Christ. Manuscript 36, 1891.
  4. **Training the Heart & Thoughts** – The training of the heart, the control of the thoughts, in cooperation with the Holy Spirit, will give control of the words. This is

true wisdom, and will ensure quietness of mind, contentment and peace. There will be joy in the contemplation of the riches of the grace of God.—Letter 10, 1894.

5. **Guard the Thoughts** – Our thoughts are to be strictly guarded, for one impure thought makes a deep impression on the soul. An evil thought leaves an evil impress on the mind. If the thoughts are pure and holy, the man is better for having cherished them. By them the spiritual pulse is quickened and the power for doing good is increased. And as one drop of rain prepares the way for another in moistening the earth, so one good thought prepares the way for another. The Youth's Instructor, January 17, 1901. (Messages to Young People, 144)
6. **Power to Choose Thought Topics** — It is within the power of everyone to choose the topics that shall occupy the thoughts and shape the character. Education, 127 (1903).
7. **The only security for any soul is right thinking** – “...the only security for any soul is right thinking. We are to use every means that God has placed within our reach for the government and cultivation of our thoughts.” Lt 123, 1904. 660
8. **Watch the Physical Senses** – “You will have to become a faithful sentinel over your eyes, ears, and all your senses, if you would control your mind, and prevent vain and corrupt thoughts from staining your soul.” {MYP 76.1}
9. **The Mind Controls the Whole Man** – All our actions, good or bad, have their source in the mind. It is the mind that worships God and allies us to heavenly beings. {2MCP 396.1}
10. **Christ-centered Thinking** – Your last thought at night, your first thought in the morning, should be of Him in whom is centered your hope of eternal life – Lt 19, 1895.
11. **Every Thought Must be Brought into Captivity** – Evil thoughts destroy the soul. The converting power of God changes the heart, refining and purifying the thoughts. Unless a determined effort is made to keep the thoughts centered on Christ, grace cannot reveal itself in the life. The mind must engage in the spiritual warfare. Every thought must be brought into captivity to the obedience of Christ. All the habits must be brought under God's control. {1MCP 235.3}
12. **Man Must Diligently Cooperate With God** – As God works upon the heart by His Holy Spirit, man must cooperate with Him. The thoughts must be bound about, restricted, withdrawn from branching out and contemplating things that will only weaken and defile the soul. The thoughts must be pure, the meditations of the heart must be clean, if the words of the mouth are to be words acceptable to Heaven and helpful to your associates. {2MCP 657.2}

13. **Requires Personal Effort** — No one but yourself can control your thoughts. In the struggle to reach the highest standard, success or failure will depend much upon the character and the manner in which the thoughts are disciplined. If the thoughts are well girded, as God directs they shall be each day, they will be upon those subjects that will help us to greater devotion. If the thoughts are right, then as a result the words will be right; the actions will be of that character to bring gladness and comfort and rest to souls. Letter 33, 1886.
14. **Train Your Thoughts** — The thoughts must be trained. Gird up the loins of the mind that it shall work in the right direction and after the order of well-formed plans; then every step is one in advance, and no effort or time is lost in following vague ideas and random plans. We must consider the aim and object of life, and ever keep worthy purposes in view. Every day the thoughts should be trained and kept to the point as the compass to the pole. Everyone should have his aims and purposes, and then make every thought and action of that character to accomplish that which he purposes. The thoughts must be controlled. There must be a fixedness of purpose to carry out that which you shall undertake. Letter 33, 1886.
15. **The Only Security Is Right Thinking** — We need a constant sense of the ennobling power of pure thoughts and the damaging influence of evil thoughts. Let us place our thoughts upon holy things. Let them be pure and true, for the only security for any soul is right thinking. We are to use every means that God has placed within our reach for the government and cultivation of our thoughts. We are to bring our minds into harmony with His mind. His truth will sanctify us, body and soul and spirit. Letter 123, 1904.
16. **Changing the Thought Pattern** — When the mind has been long permitted to dwell only on earthly things, it is a difficult matter to change the habits of thought. That which the eye sees and the ear hears too often attracts the attention and absorbs the interest. But if we would enter the city of God and look upon Jesus and His glory, we must become accustomed to beholding Him with the eye of faith here. The words and the character of Christ should be often the subject of our thoughts and of our conversation, and each day some time should be especially devoted to prayerful meditation upon these sacred themes. The Review and Herald, May 3, 1881. (The Sanctified Life, 91, 92.)
17. **God Requires You to Control Your Thoughts** – You should control your thoughts. This will not be an easy task; you cannot accomplish it without close and even severe effort. Yet God requires this of you; it is a duty resting upon every accountable being. You are responsible to God for your thoughts. If you indulge in vain imaginations, permitting your mind to dwell upon impure subjects, you are, in a degree, as guilty before God as if your thoughts were carried into action. All

that prevents the action is the lack of opportunity. Testimonies for the Church 2:561 (1870).

18. **The Dangers of Day & Night Dreams** — Day and night dreaming and castle-building are bad and exceedingly dangerous habits. When once established, it is next to impossible to break up such habits and direct the thoughts to pure, holy, elevated themes. You will have to become a faithful sentinel over your eyes, ears, and all your senses if you would control your mind and prevent vain and corrupt thoughts from staining your soul. The power of grace alone can accomplish this most desirable work. You are weak in this direction. Testimonies for the Church 2:561 (1870).
19. **Transformed by Beholding** – We want the transforming grace of God to take right hold of our thinking powers. We may think evil, we may continue to keep our minds upon objectionable things, but what does this do for us? It conforms our entire experience to that which we are looking upon. But by beholding Jesus we become changed into His likeness. The servant of the living God sees to some purpose. The eyes are sanctified, and the ears are sanctified, and those who will close their eyes and ears to evil will become changed. Manuscript 17, 1894.
20. **Sinful Thoughts are the Causes of Sinful Actions** — The season of temptation, under which, it may be, one falls into grievous sin, does not create the evil that is revealed but only develops or makes manifest that which was hidden and latent in the heart. As a man “thinketh in his heart, so is he”; for out of the heart “are the issues of life” (Proverbs 23:7; 4:23). Thoughts From the Mount of Blessing, 60 (1896).
21. **Jesus Taught the Law was Broken by the Thoughts Before the Act** — In the Sermon on the Mount Christ presented before His disciples the far-reaching principles of the law of God. He taught His hearers that the law was transgressed by the thoughts before the evil desire was carried out in actual commission. We are under obligation to control our thoughts and to bring them into subjection to the law of God. The noble powers of the mind have been given to us by the Lord that we may employ them in contemplating heavenly things. God has made abundant provision that the soul may make continual progression in the divine life. He has placed on every hand agencies to aid our development in knowledge and virtue. The Review and Herald, June 12, 1888.
22. **Supply of Grace Given to Elevate Thoughts** — God has made every provision whereby our thoughts may become purified, elevated, refined, and ennobled. He has not only promised to cleanse us from all unrighteousness, but He has made an actual provision for the supply of grace that will lift our thoughts toward Him and enable us to appreciate His holiness. We may realize that we are Christ's possession and that we are to manifest His character to the world. Prepared by

heavenly grace, we become clothed with the righteousness of Christ, in the wedding garment, and are fitted to sit down at the marriage supper. We become one with Christ, partakers of the divine nature, purified, refined, elevated, and acknowledged to be the children of God—heirs of God and joint heirs with Jesus Christ. *The Youth's Instructor*, October 28, 1897.

23. **A New Endowment of Power for Transformation** — Those who consecrate soul, body, and spirit to God, purifying their thoughts by obedience to the law of God, will continually receive a new endowment of physical and mental power. There will be heart yearnings after God and earnest prayer for clear perception to discern the office and work of the Holy Spirit. It is not for us to use it, but for the Holy Spirit to use us, molding, fashioning every power. *Testimonies on Sabbath-School Work*, 106. (*Counsels on Sabbath School Work*, 40.)
24. **Continual Communion** – As a man He supplicated the throne of God till His humanity was charged with a heavenly current that should connect humanity with divinity. Through continual communion He received life from God, that He might impart life to the world. His experience is to be ours. RC 118.4
25. **The Science of Christianity is in the Training of the Mind** – There is a science of Christianity to be mastered — a science as much deeper, broader, higher than any human science as the heavens are higher than the earth. The mind is to be disciplined, educated, trained; for we are to do service for God in ways that are not in harmony with inborn inclination. There are hereditary and cultivated tendencies to evil that must be overcome. Often the training and education of a lifetime must be discarded, that one may become a learner in the school of Christ. 8T 314
26. **Every Thought to be In Accord with His Principles** – Our hearts must be educated to become steadfast in God. We are to form habits of thought that will enable us to resist temptation. We must learn to look upward. The principles of the word of God—principles that are as high as heaven, and that compass eternity—we are to understand in their bearing upon our daily life. Every act, every word, every thought, is to be in accord with these principles. 8T 314.1
27. **As the Flower Turns to the Sun** – Let the soul be drawn out and upward that God may grant us a breath of the heavenly atmosphere. We may keep so near to God that in every unexpected trial our thoughts will turn to Him as naturally as the flower turns to the sun. SC 99, 100 (1892). {2MCP 670.2}
28. **A Lifelong Vigilance is Required** – As long as life shall last there is need of guarding the affections and the passions with a firm purpose. There is inward corruption, there are outward temptations, and wherever the work of God shall be advanced, Satan plans so to arrange circumstances that temptation shall come

with overpowering force upon the soul. Not one moment can we be secure only as we are relying upon God, the life hid with Christ in God. Lt 8b, 1891. (2BC 1032.) {1MCP 238.3}