



# Thoughts

Sunday, January 17, 2016

Dave Michel

Stepping Stones Community Church

**It's often the \_\_\_\_\_ things that no one sees that result in the \_\_\_\_\_ things that everyone wants**

### Thought Audit

Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worldly	1	2	3	4	5	6	7	8	9	10	Eternal

*Evil thoughts come from the inside, from a person's heart. So do sexual sins, stealing and murder. Adultery, greed, hate and cheating come from a person's heart too. So do desires that are not pure, and wanting what belongs to others. And so do telling lies about others and being proud and being foolish.* **Mark 7:21-22 NIRV**

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.* **Romans 12:2 NLT**

## How do I change the way I think?

### 1. Control \_\_\_\_\_ thoughts

*I do live in the world. But I don't fight my battles the way the people of the world do. The weapons I fight with are not the weapons the world uses. In fact, it is just the opposite. My weapons have the power of God to destroy the camps of the enemy. I destroy every claim and every reason that keeps people from knowing God. I keep every thought under control in order to make it obey Christ.*

**2 Corinthians 10:3-5 NIRV**

*I made an agreement with my eyes. I promised not to look at a young woman with impure thoughts.* **Job 31:1 NIRV**

*So prepare your minds for action and exercise self-control.* **1 Peter 1:13 NLT**

### 2. Focus my thoughts on \_\_\_\_\_, \_\_\_\_\_ things

*Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things.*

**Philippians 4:8 NIRV**

**My One Thought:** \_\_\_\_\_

---



---

### Next Steps:

- My One Thought is: \_\_\_\_\_
- Ask God to help me to let go of worry, negative and destructive thoughts by focusing on his goodness and my faith and trust in him
- Commit to intentionally spend time focusing on things that are excellent and praiseworthy
- \_\_\_\_\_