

Rethinking Your Life



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Think About What You Think About

How Your Thoughts Shape Your Life

1. My thoughts control my life, but I can _____

“Be careful what you think, because your thoughts run your life.”
(Proverbs 4:23)

Ask: Do I really want to think about this right now?

2. I can change how I feel by _____

Think ... Feel ... Act.
(Circle illustration.)

David: "My heart is breaking, so I turn my thoughts to God."
(Psalm 42:6)

Jonah: "When I'd lost all hope, I turned my thoughts once more to the Lord." (Jonah 2:7)

3. Every behavior is based _____

"Think carefully about your behavior." (Haggai 1:5)

Ask: What am I believing right now?

4. Anytime I sin, at that moment _____

"We fight not against flesh and blood, but against spiritual powers and principalities." (Ephesians 6:12)

5. Learn to _____

"Since Jesus went through everything you're going through, and more, learn to think like Him." (1 Peter 4:1)

"Your thoughts and attitudes must be the same as that of Christ Jesus." (Philippians 2:5)

"We have the mind of Christ!" (1 Corinthians 2:16)