

Thoughts Matter Small Things Series Part 2

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)**

THOUGHT LIFE INVENTORY

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
Miserly	1	2	3	4	5	6	7	8	9	10	Generous
Unhappy	1	2	3	4	5	6	7	8	9	10	Joyful
Wholesome	1	2	3	4	5	6	7	8	9	10	Unwholesome

1. THOUGHTS TEND TO DETERMINE OUTCOMES

For as he thinks in his heart, so is he. **Proverbs 23:7a (NKJV)**

WHAT YOU CHOOSE TO THINK ABOUT INFLUENCES HOW YOU CHOOSE TO ACT, OR NOT... AND THOSE ACTIONS OR INACTIONS TEND TO DETERMINE YOUR ULTIMATE OUTCOMES.

I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live... **Deut. 30:19 (NKJV)**

2. WHAT'S IN YOUR HEAD WILL TEND TO MULTIPLY AND EVENTUALLY COME OUT IN YOUR LIFE

“Eat and drink!” he says to you... **Proverbs 23:7b (NKJV)**

The LORD saw how great the **wickedness** of the human race **had become** on the earth, and that **every inclination of the thoughts of the human heart** was only evil all the time. **Genesis 6:5 (NIV)**

3. I AM RESPONSIBLE TO LEAD MY THOUGHT LIFE IN THE RIGHT DIRECTION

Apply your heart to instruction, and your ears to words of knowledge. **Proverbs 23:12 (NKJV)**

Take care lest there be an unworthy thought in your heart... **Deut. 15:9a (ESV)**

4. LEARN TO RECOGNIZE UNHEALTHY THOUGHTS

Do not let your heart envy sinners, but be zealous for the fear of the Lord all the day; for surely there is a hereafter, and your hope will not be cut off. **Proverbs 23:17, 18 (NKJV)**

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, [our weapons...] they have **divine power** to **demolish strongholds**. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought to make it obedient** to Christ. **2 Corinthians 10:3-5 (NIV)**

Action item: I encourage you to pray and ask God to help you see the truth about your own thought life so that you can be effective at rooting out damaging thoughts.

Keep me from lying to myself; give me the privilege of knowing your instructions. **Psalms 119: 29 (NLT)**

5. DISCIPLINE YOUR THOUGHTS TO STAY FOCUSED ON GODLY THINGS

Hear, my son, and be wise; and **guide your heart in the way**. Do not mix with winebibbers... **Proverbs 23:19-20a (NKJV)**

And now, dear brothers and sisters, one final thing. **Fix your thoughts** on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise... Then the God of peace will be with you.

Philippians 4:8-9 NLT

Closing Challenge: In the first message I asked you to ask God to give you a WORD for the year. This week I want to ask you to ask God to give you a thought for your life for this year that aligns with your WORD.