



## Control My Thoughts

Message by Tim Perkins

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**HABIT #2: Control My \_\_\_\_\_** (2 Corinthians 10:3-5)

Everything begins with a \_\_\_\_\_ . (Romans 12:2 NLT)

What we think determines \_\_\_\_\_ .  
(Philippians 4:8-9; Isaiah 26:3 NLT)

Our thoughts determine our \_\_\_\_\_ . (Romans 8:5-6 NLT)

### 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
Temporary	1	2	3	4	5	6	7	8	9	10	Eternal

### Mastering the Habit

**1. Find a plan to \_\_\_\_\_ my thoughts.** (Hebrews 4:12)

**2. Find \_\_\_\_\_ by \_\_\_\_\_ my thoughts.**  
(Joshua 1:7-8; Psalm 1:1-3)

**3. Find a \_\_\_\_\_ to \_\_\_\_\_ my thoughts.**  
(Acts 2:42)

**4. Find daily declarations to \_\_\_\_\_ my thoughts.** (Romans 12:2)

**5. Find a \_\_\_\_\_ to \_\_\_\_\_ my thoughts.**  
(Ephesians 3:20-21; John 15:5-8; Romans 13:13-14)

## Midweek Small Group Discussion:

### Philippians 4:2-9

In what ways were you encouraged by Tim's "uphill habit" of renewing your mind and focusing your thoughts?

Read Philippians 4:2-9. What words or phrases stood out to you as it was read?

What is the specific situation in the church that Paul addresses in verses 2-3? In your opinion, how important is unity among Christians? What action steps did Paul prescribe to help Euodia and Syntyche mend their relationship?

Why do you think Paul immediately followed this divisive situation with the words, "Rejoice in the Lord always"? Why would a mindset of joy be so important in times of discord and tension?

Re-read verses 5-7. On a scale of 1 ("I'm the Poster Child for anxiety!") to 10 ("Even in a hurricane I am the calm center"), what is your stress and anxiety level right now? What in this passage could help relieve your anxiety and worry?

Read verse 8 again. Name specific examples of things that are...

True:

Respectful and noble:

Right and reputable:

Authentic, sacred and pure:

Lovely, pleasing and compelling:

Admirable and commendable:

Beautiful and morally excellent:

Praiseworthy:

How could remembering and dwelling on these things change your outlook on life? How does transforming your outlook on life change your responses and actions? Remembering the struggle between Euodia and Syntyche, how would meditating on the characteristics in verse 8 contribute to healing their friendship?

Verse 9 says to put what you have learned into practice. What have you learned from this discussion? What is a tangible way you can daily fill your mind with the characteristics and thoughts mentioned in verse 8? *(i.e. Read this verse every morning. End your day by journaling evidences of these qualities you noticed. Setting a reminder on your phone to pause and think on such things. Offer up Philippians 4:8 as a prayer when you sense yourself growing anxious.)*

Conclude your group time in guided prayer and reflection. Have someone (group leader?) slowly read verse 8, pausing so everyone can meditate/think on the examples given for each characteristic.