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Think on These Things Study Guide

Two people can experience the same circumstance but see things very differently. Our filtering process affects our quality of life. Our mind is the connecting point between knowing what the Word says and experiencing what the Word says.

Describe an event you attended but experienced something different from a colleague.

Are you aware of your filtering process? _____

How do you connect your knowledge of the Word and experiencing the Word? _____

Renewing our mind is not a one time experience but is a constant area of focus in our walk with the Lord. He gives us the tools to help focus our life. What we think about has a direct impact on our experiences and influences our worldview.

Can you renew your mind once and be done? Why or why not? _____

'Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.' Philippians 4:6-9 NKJV

What are some tools to help focus and renew your mind? _____

Paul tells us to be at peace (verses 6 and 7), he tells us how to do that (verse 8) then he says watch how it works in his life (verse 9).

Discuss Paul's process for living a life of peace in the above Scriptures. _____

'Do not eat the bread of a miser, Nor desire his delicacies; For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you.' Proverbs 23:6-7 NKJV

What are you allowing to influence your mind? _____

Take thoughts that are not of good report captive. Pause and filter reactions and responses through the Word of God. Speak the truth out loud and meditate on the Word to capture even the little foxes.

'casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,' 2 Corinthians 10:5 NKJV

Do you practice taking fearful thoughts captive? _____

'Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,' Jude 1:24 KJV

Are you in the habit of "pause and filter" before "react or respond"? _____

'Catch us the foxes, The little foxes that spoil the vines, For our vines have tender grapes.' Song of Solomon 2:15 NKJV

Do you grab the little foxes and deal with them quickly?

A situation can remain the same in the physical but can be completely altered when you choose to see it differently. Wrangle your emotions to be able to hear the Lord's voice in a situation and grab thoughts that are outside His Word. Allow God to adjust your life according to His plans--He knows best--He brings the increase.

Do you view conflict through a lens of offense or a lens of forgiveness? _____

What is the movie you are playing in your head? _____

Describe a time you altered a situation by changing your mind. _____

How do you quiet your emotions enough to hear the Lord's voice in situations? _____

Do you think about good things before you speak? _____

'I planted, Apollos watered, but God gave the increase. For we are God's fellow workers; you are God's field, you are God's building. According to the grace of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ.' 1 Corinthians 3:6,9-11 NKJV

Are you allowing God to adjust your life according to His plans?

Do you process life through the lens of God's good report? _____

Believing the Word over thoughts, situations or symptoms requires faith, discipline, perseverance, humility and gratitude. It also requires filling ourselves with the Word-- knowing what He has to say about any given situation.

'You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.' Isaiah 26:3 NKJV

Are you filling yourself with the Word? _____

Are you surrounded by people who build you up? _____

Do you believe what God says about you? _____

Meditate on things that build you up. Believe what God says about you. Develop positive self talk. Stand on the Word against the lies of the enemy. You are a winner in every way.

What does your self talk sound like? _____

Do you feel more like a victor or a victim? _____

Are you confident standing on the Word against the lies of the enemy? _____

Do you know the amazing purpose God has for your life? _____

God says you are a winner in every way! Do you believe Him? _____
