

# “Thoughts”

**It’s often the small things,  
that no one sees,  
that results in the big things  
that everyone wants.**

## **What you think, you are.**

*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)

### **Are your thoughts:**

|                 |          |          |          |          |          |          |          |          |          |           |                 |
|-----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------------|
| <b>Worried</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>Peaceful</b> |
| <b>Negative</b> | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>Positive</b> |
| <b>Worldly</b>  | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> | <b>Eternal</b>  |

*Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth.*

Colossians 3:1-2 (NLT)

## **How do we change the way we think?**

### **Capture destructive thoughts.**

*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, 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)

## **Fix your thoughts on Spiritual things.**

*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. Keep putting into practice all you learned and received from me - everything you heard from me and saw me doing. Then the God of peace will be with you.*

Philippians 4:8-9 (NLT)

*I cry out to God; yes, I shout.*

*Oh, that God would listen to me!*

*When I was in deep trouble,*

*I searched for the Lord.*

*All night long I prayed, with hands lifted toward heaven,  
but my soul was not comforted.*

*I think of God, and I moan,*

*overwhelmed with longing for his help.*

*You don’t let me sleep.*

*I am too distressed even to pray!*

*I think of the good old days,*

*long since ended,*

*when my nights were filled with joyful songs.*

*I search my soul and ponder the difference now.*

*Has the Lord rejected me forever?*

*Will he never again be kind to me?*

*Is his unfailing love gone forever?*

*Have his promises permanently failed?*

*Has God forgotten to be gracious?*

*Has he slammed the door on his compassion?*

*And I said, “This is my fate;*

*the Most High has turned his hand against me.”*

*But then I recall all you have done, O Lord;*

*I remember your wonderful deeds of long ago.*

*They are constantly in my thoughts.*

*I cannot stop thinking about your mighty works.*

## Growth Group Questions

(Questions and Scriptures for further study)

O God, your ways are holy.  
Is there any god as mighty as you?  
You are the God of great wonders!  
You demonstrate your awesome power among the nations.  
By your strong arm, you redeemed your people,  
the descendants of Jacob and Joseph.

When the Red Sea saw you, O God,  
its waters looked and trembled!  
The sea quaked to its very depths.  
The clouds poured down rain;  
the thunder rumbled in the sky.  
Your arrows of lightning flashed.  
Your thunder roared from the whirlwind;  
the lightning lit up the world!  
The earth trembled and shook.  
Your road led through the sea,  
your pathway through the mighty waters—  
a pathway no one knew was there!  
You led your people along that road like a flock of sheep,  
with Moses and Aaron as their shepherds.

Psalm 77

## SO WHAT?

### Start with one thought:

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May all my thoughts be pleasing to him,  
for I rejoice in the LORD.

Psalm 104:34 (NLT)

1. What is one thing you would like to change about yourself or accomplish this year?

What small things can you begin to start to get there?

2. Tell about someone you know that is successful in some aspect of life or faith. What little things have you noticed they do that led to that success?

3. What destructive thoughts do you need to capture?

How have some of your destructive thoughts affected you?

4. Re-read Romans 12:2. What are some things the world thinks that we need to reject and think differently about in our lives to follow Jesus?

5. Re-read Philippians 4:8-9. What kind of differences have you seen in your life when you focus on spiritual things instead of destructive thoughts?

6. In that moment when destructive thoughts enter your head how do you fight that impulse in the moment?

7. What is your one thought? How can you capture that in a very short phrase?