



“Hold That Thought”

Take Back Your Life series

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You can't **live right** when you're **thinking wrong**.

“Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.” –**Ralph Waldo Emerson**

The thoughts you **hold on to** determine the future you **head into**.

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 10:4-5

You can't **direct** thoughts you can't **detect**.

Your thoughts are not the **boss of you!**

You can't **delete** a thought, but you can **replace** it.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, noble, right, pure, lovely, admirable—if anything is excellent or praiseworthy—think about such things. –Philippians 4:6-8

Scripture...

- Anchors your **identity in Christ**.
- Exposes **enemy tactics**.
- Reframes **adversity** and **anxiety**.
- Transforms your **human relationships**.
- Reminds you of your **destiny**.

Discussion questions

1. Tell about a time you were going the wrong way, thinking you were going the right way (no fibbing; we've all done it!).
2. How does holding on to certain thoughts determine your future? What did Emmerson say? What do you say? What does God say?
3. According to 2 Corinthians 10:4-5, what do we have divine authority to do with our thoughts?
4. Read Philippians 4:6-8. What kinds of things are we to replace ungodly thoughts with?
5. We talked about 5 ways scripture helps us with our thoughts. Which one helps you the most? Which one is the most challenging?
6. Take some time to inventory your typical "thought day". What/whom do you find yourself thinking about most/least? How would the question "does what I'm thinking honor/glorify God?" alter this inventory?
7. How can the group pray for you this week?