

You Are What You Think

Be careful what you think, because your thoughts run your life.

—Proverbs 4:23 (NCV)

Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.

—Romans 12:2

How to renew your mind:

● _____

Philippians 4:8

● _____

2 Corinthians 3:18

● _____

Ephesians 4:15; Colossians 3:16

● _____

Colossians 3:16

● _____

Joshua 1:8; Psalm 119:11

Transformed by the Truth

Questions for Reflection & Discussion

1. Read Proverbs 4:23 in at least two Bible translations. What are some of the “loudest” tracks on your mental playlist? How did they get there?
2. Read Philippians 4:8. What do you need to be vigilant about filtering out in order to keep your thoughts true and pure? How can you be more intentional about thinking the right thoughts?
3. Read 2 Corinthians 3:18. How are you gazing at Jesus on a regular basis? How can you spend more time contemplating Him?
4. Read Colossians 3:16. What are some of the most practical ways to do what Paul commands in this verse? Who helps you to think biblically? Where can you find “songs from the Spirit”?
5. Read Joshua 1:8. In what specific way do you most want to change? What Scripture can you meditate on to increase your odds of success?