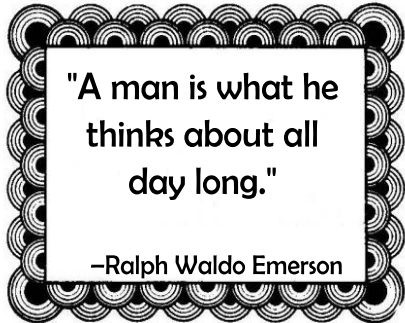


## An Uncontrolled Thought Life

### QUESTIONS

- Does it matter what we think about?
- What about daydreaming?
- Is it possible to control our thought life?
- How can we control our thoughts?

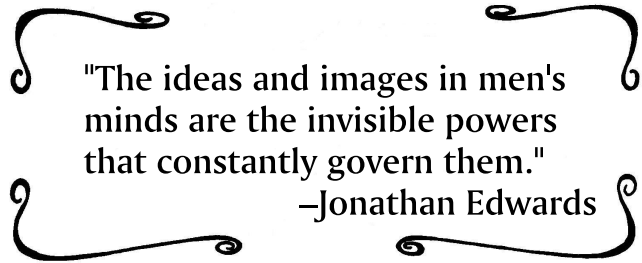


### A MULTITUDE OF THOUGHTS

- The average person thinks 50,000 to 70,000 thoughts every day (1 thought per waking second).
- What do these thoughts consist of?
- What happens if little or no effort is made to filter, prevent, or discard these thoughts?
- Everything we see, hear, or read has the potential to shape our thinking.

### DANGERS OF UNCONTROLLED THOUGHTS

- Possible dangers: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Job 20:2; 1 Corinthians 3:20; Esther 6:6
- Numbers 11:5-6; Genesis 19:26
- Your thought life determines who you are and who you will be. (Read Proverbs 4:23.)



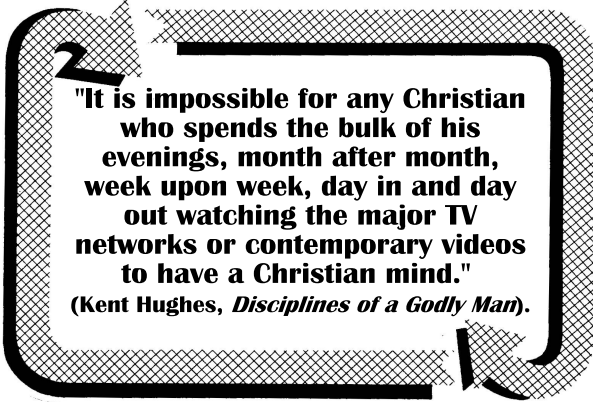
### TOXIC THOUGHTS

- As high as 95 percent of all illnesses are attributed to be a direct result of toxic thoughts.
- "Study after study show that clinical depression and anxiety disorders ... cause measurable changes in key areas of the brain" (Psychology Today).
  - What might contribute to depression?
- "Toxic thinking literally wears down the brain and the rest of the body" (Dr. Benson, president of Harvard Medical School's Mind-Body Institute).
- Toxic thoughts affect our DNA.
- Toxic thoughts (poor thinking decisions) interpreted by the brain as STRESS.

### TAKE CONTROL

- Recognize, identify, and resist with the Word
- **Discouragement:** \_\_\_\_\_  
\_\_\_\_\_
- **Fear:** \_\_\_\_\_  
\_\_\_\_\_
- **Worry:** \_\_\_\_\_  
\_\_\_\_\_
- **Lies:** \_\_\_\_\_  
\_\_\_\_\_

Studying to gain a greater understanding of the Bible and be changed by it.



### INFLUENCES ON THE THOUGHT LIFE

- To maintain a pure thought life—safeguard the areas you can control.
- "The food that enters the mind must be watched as closely as the food that enters the body."
  - Reading food labels (literal & spiritual)
    - How? \_\_\_\_\_
    - \_\_\_\_\_
- What are "zero nutritional value foods"?
  - \_\_\_\_\_
  - \_\_\_\_\_
  - How might this apply spiritually?
    - \_\_\_\_\_
    - \_\_\_\_\_
- Psalm 101:3 "I will set no wicked thing before mine eyes."
  - "wicked" = \_\_\_\_\_
  - \_\_\_\_\_
- What is a proven successful method for breaking addictions? \_\_\_\_\_
  - a spiritual \_\_\_\_\_
  - evaluating \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

### AN INTENTIONAL THOUGHT LIFE

#### #1 – Daily Quiet Time With the Lord

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#### #2 – Safeguard Your Mind

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#### #3 – Replace Toxic Thoughts

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#### #4 – Choose Good Thoughts

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#### #5 – Ask for Help

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