

### **AUDIT YOUR THOUGHTS.**

- Succeeding at the big things has a lot to do with the little things. It's not the big things, it's the small things that no one sees that result in the big things that everyone wants.
- Our thoughts matter because they influence our words, which influence our actions, which influence our habits, which in the end create a destiny.

<sup>7</sup> As a person thinks in his heart, so he is. Proverbs 23:7

- Your life will always move in the direction of your strongest thoughts.

Jonah 4:1 – 4, 11

### **THOUGHT AUDIT**

Worried	1	2	3	4	5	6	7	8	9	10	Peaceful
Negative	1	2	3	4	5	6	7	8	9	10	Positive
Worldly	1	2	3	4	5	6	7	8	9	10	Eternal

<sup>2</sup> 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

### **HOW DO I CHANGE MY THOUGHTS?**

#### **1. Recognize and capture destructive thoughts.**

<sup>3</sup> We are human, but we don't wage war as humans do. <sup>4</sup> We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. <sup>5</sup> We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ. 2 Corinthians 10:3 – 5

#### **2. Focus your thoughts on spiritual things.**

<sup>8</sup> 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. <sup>9</sup> And the God of peace will be with you. Philippians 4:8 - 9

#### **MY ONE THOUGHT**

<sup>34</sup> May all my thoughts be pleasing to him, for I rejoice in the LORD. Psalm 104:34