

Thinking

Our Thinking is Critical

*8 track example – me focus vs. other focus

An event occurs --- we begin to have thoughts about the event --- the thoughts produce feelings--- and the feelings produce actions. Godly people learn how to control their thoughts.

1. Job 3:25 – what I feared has come upon me (NIV)
2. Prov. 23:7 – for as he thinks (reckons in his soul) within himself, so he is (NASB)
3. Rom. 12:2 – be transformed by the renewing of your mind (NIV)
4. 2 Peter 3:1 – to stimulate you to wholesome thinking (NIV)
5. 2 Cor. 10:5 – we take captive every thought (NIV)
6. Phil. 4:8 – if anything is excellent or praiseworthy—think about such things (NIV)

ie. (Injury + Anger) x Self-pity = Depression