



Changing Thoughts in Changing Times: Whatcha Thinkin'?

| September 14, 2020 Discussion Guide

The Scoop

Do you ever think about your thoughts? Have you ever realized that we can't really change all of our actions and behaviors until we've actually changed our thought life?

Key Verses

2 Cor 10:5 (NLT)

We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

Discussion

Have you ever thought about what you think about? A lot of us go throughout our day without a conscious reflection of the thoughts that occupy much of our time and energy. The reality is that the thoughts we focus on end up dictating our actions and emotions, and we have the power to decide what thoughts will take root. If we want to live a more intentional and optimistic life, being conscious of and intentional about our thoughts can make a huge difference.

1. Do you ever take time to think about your thoughts? What do you think about the most?
2. Do you have any concept of how much of your thought life is positive or negative? Optimistic or pessimistic? Self focused or other's centric?

It's good to focus on things that we are thankful for, things that we love, and things that will help us like our family and our community. Even when thinking about things in our lives that are good, we tend to spin our wheels thinking about things we cannot change or focus on fears and what ifs. If our thoughts just happen to us, there is a good chance they are not working for us.

3. Are your thoughts more helpful and productive or distracting and harmful? Why?
4. What would prioritizing good thoughts do to your life? What would it take to change some of your thought life habits?

In 2 Corinthians 10:5, Paul tells us to take captive every thought to make it obedient to Christ. Essentially, challenging us to consider if our thought life matches what Jesus would want us to be thinking. We know that God knows our thoughts so what would it look like to make our thoughts match how we would have a conversation with God? It is up to us to decide which thoughts will grow within our lives. Inside our heads can be a lonely, dark place, but the good news is that you are not alone inside your head. Ask for help from God, and don't be afraid to ask for help from a trusted friend, pastor, or counselor to help sort the thoughts in your head.

5. Do you take time to consider whether your thoughts align with God? How might you invite God into your headspace?
6. What other sources of help could you benefit from when it comes to your thought life?

What's Next?

This week in your faith, take time to be intentional with your thoughts. Sit down and think about all the thoughts that you have been ruminating on in a given day and analyze whether they are oriented in the direction that you would like to be. Consider getting your thoughts out of your head so you can see them on paper through journaling. Make an intentional effort to quell the bad thoughts in your life and let good thoughts take root!

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.