



Hope For Tomorrow: Thoughts | May 6, 2020

Discussion Guide

The Scoop

We all have a tape recorder inside our heads. Some of us choose to press play on tapes that take us in the wrong direction, and some of us choose to press play on tapes that take us in the right direction.

Key Verses

Proverbs 4:23 (NCV)

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

Discussion

It's ok to have concerning thoughts, but worrying is going to show up in your life no matter what happens to us. Being at our peak state of mind, body, and spirit, does not arise from the complete elimination of bad and worrying thoughts, but rather, having the ability to choose which thoughts dominate our time.

1. What are some concerning thoughts that you are experiencing?
2. What are some positive thoughts for the future? What are aspirations that you would like to achieve?

In psychology, Hope Theory says that we need to have a bigger picture in order to see the grander scope of our world. When we choose to control our negative thoughts by outweighing them with positives thoughts, we end up gaining perspective for how we positively affect ourselves and those around us. This concept can be explained in the analogy of your mind being a tape player. Ultimately, you have the choice to decide which tape will play; either positive or negative.

3. Can you think of anyone in your life that tends to be joyful most of the time? How do they speak in times of trouble?
4. Jesus painted a vision of hope and positivity for the future of his followers and all humans. What are some aspirations that might help you in both the short and long-term?

In Proverbs 4:23, the Bible warns us to, "be careful what you think, because your thoughts run your life." If we are to best lead and help others around us in times of need, it is our responsibility to choose to "play" positive thought rather than negative. These thoughts allow us to step into a more helpful leadership role, and grow by walking in the footsteps of Jesus.

5. Who are some people in your life that might benefit from your stability and positivity when facing adverse times?
6. What are some times throughout your day that you can remind yourself to periodically look beyond yourself to help boost the morale and positivity of those around you?

What's Next?

As you continue through this week, push pause on your thoughts and consider what information you are taking in. Examine the media, people around you, sources of information that you listen to, and internally question whether they are having a positive or negative impact on your mental and spiritual well-being. Then, continually check in with yourself and make an effort to project positive thoughts within yourself, and to those around you.

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.