

UPHILL
HOPES &
HABITS
DOWNHILL

- Most people have uphill Hopes and downhill habits.

2 ...[fix your attention on God](#). You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, [God brings the best out of you, develops well-formed maturity in you](#). Romans 12:2 (MSG)

We form habits and then our habits form us.

- Biblical habits shape [Godly people](#).

Habit #1 - Get [close to God](#).

Habit #2 - Put [God first](#).

Habit #3 - Control my [thoughts](#).

- Downhill [thoughts](#) are not part of an uphill [life](#).

23 Carefully [guard your thoughts](#) because they are the [source of true life](#). Proverbs 4:23 (CEV)

- Who you are today is a [result](#) of your [thinking](#).

2 [Wise thinking leads to right living](#); Stupid thinking leads to wrong living. Ecclesiastes 10:2 (MSG)

3 important principles:

- Everything [begins](#) with a thought.

2 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](#)... Romans 12:2 (NLT)

- What we think determines [how we feel](#).

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And [the God of peace will be with you](#). Philippians 4:8-9 (NIV)

- Our thoughts determine our [destiny](#).

- We will always [rise](#) to the [level](#) of our thoughts.

5 Those who are [dominated by the sinful nature think about sinful things](#), but those who are controlled by the Holy Spirit [think about things that please the Spirit](#). 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. Romans 8:5-6 (NLT)

5 steps to control your thoughts:

- Have a [plan](#) that [shapes](#) your thoughts.

12 For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Hebrews 4:12 (NLT)

...it judges the thoughts and attitudes of the heart. Hebrews 4:12 (NIV)

- Have a [place](#) to [express](#) your thoughts.

3 You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Isaiah 26:3 (NLT)

- Have a [person](#) to [stretch](#) your thoughts.

Get in a [connection Group](#).

24 Let us [think of ways to motivate one another](#) to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but [encourage one another](#), especially now that the day of his return is drawing near. Hebrews 10:24-25 (NLT)

- Have a [purpose](#) that [inspires](#) your thoughts.

2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 (NIV)

- Have a [power](#) to [fuel](#) your thoughts.

9 For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts. Isaiah 55:9 (NLT)

20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, Ephesians 3:20 (NKJV)



**TO CREATIVELY LOVE AND LEAD PEOPLE
IN A GROWING RELATIONSHIP WITH JESUS.**

Have Questions? Text them to: (559)-464-5754

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Why?
- How are you doing with starting these new habits in your life?
- Do you believe that controlling our thoughts is an important habit? Why?
- In your own words, how would you communicate to someone the importance of their thoughts?
- Do you believe that who we are today is a result of our thoughts? Explain
- Discuss the "3 important principles", and how they affect our lives.
- Most people don't have a plan that shapes their thoughts. What are some negative things that result from not having a plan to shape our thoughts? How does the Bible shape our thoughts?
- Do you have a place to meditate on God? Why is this an important discipline for our lives?
- Do you have people in your life that stretch your thoughts for greater faith? Why is this important? Do you have people in your life that hinder your faith from growing?
- Are you connected to God's purpose for your life? Do you know what His purpose is for you? Does God's purpose inspire you? Does it make you confident in why you are here on earth?
- What are some ways to connect with the Holy Spirit to fuel our thoughts?

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