



● Consistent small choices shift how we _____ about our current condition. Wise choices will watch over you. Understanding will keep you safe. Proverbs 2:11 (NLT)

● The choices I make will determine the _____ I will become.

● I choose to remove my _____ and _____.

● What _____ your mind, _____ your life.

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

Don't copy the behavior and customs of this world, but let God transform you into a new person (How?) by changing the way you think... Romans 12:2b (NLT)

● The leadership of our life establishes the _____ of our life.

5 If you are dominated by the sinful nature you will think about sinful things, but if you are controlled (surrendered to) by the Holy Spirit you will 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)

● Thoughts are _____ we allow to grow and become the timbers we use to _____ our lives with.

Be careful how you think; your life is shaped by your thoughts. Proverbs 4:23 (GNT)

Choices we can make:

● We guard against _____ thoughts.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7 (NLT)

● We guard against _____ thoughts.

Destructive thoughts are:

● Thoughts that _____ me.

"There is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me." Romans 7:23 (NLT)

"so that Satan will not outsmart us. For we are familiar with his evil schemes". 2 Corinthians 2:11 (NLT)

"For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world". 1 John 2:16 (NIV)

The lie of temptation:

What tempts me is _____ than what God wants for me.

Another type of destructive thought is:

● Thoughts that _____ me.

God's love & grace to me is not enough for me.

How precious are your thoughts about me, O God. They cannot be numbered! Psalm 139:17 (NLT)

Another type of destructive thought is:

● We guard against _____ thoughts.

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Philippians 4:8 (Msg)

The Big reward for this small choice:

● Changing our thoughts brings God's _____.

...Then the God of peace will be with you. Philippians 4:9b (NLT)

Additional Notes:



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

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? Explain.
- In your own words describe how important our thoughts are. Do you believe that we really watch our thoughts like we should? Explain.
- How does God establish the thoughts of our life?
- How do we allow God to shape our thoughts?
- In your own words, describe what this means: Thoughts are the seeds that grow and become the substance that we build our lives on.
- How do negative thoughts destroy our lives? Talk about the different destructive thought patterns listed.
- Is there one of these thought patterns that you deal with most? Can you think of other destructive thought patterns we practice?
- Let's look at the Big Reward. Read Philippians 4:8-9. In your words, why do our thoughts prevent or allow us to experience God's peace and presence.

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21 DAYS OF PRAYER & FASTING
JANUARY 6 - 26, 2025



THE *Quest* CHURCH & THOMAS ELEMENTARY
Free Grocery Giveaway!
VOLUNTEERS NEEDED
SIGN-UP SHEET IN THE COURTYARD
THIS Saturday
11am - 1:30pm

Quest SNOW DAY
FEBRUARY
Saturday 01
8:30a - 1:30p
Bring your inner tubes & sleds!
Maps in the Courtyard
Frito Boats & Hot CHOCOLATE

Today's Talk..

SMALL CHOICES ↑
Making God my daily choice.
BIG REWARDS ↓ @

Remove negative & critical thoughts

Sunday, January 12th, 2025

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