

# Our Toxic Thoughts

Sermon Series: Small Things, Big Difference

Proverbs 23:7 NKJV

**It's often the SMALL things that no one sees that result in the BIG things that everyone wants.**

## THOUGHT AUDIT

**Worried** 1 2 3 4 5 6 7 8 9 10 **Peaceful**

**Negative** 1 2 3 4 5 6 7 8 9 10 **Positive**

**Worldly** 1 2 3 4 5 6 7 8 9 10 **Eternal**

## HOW DO YOU CHANGE THE WAY YOU THINK?

*2 thoughts to apply*

- 1 CAPTURE AND REJECT TOXIC THOUGHTS.  
(2 Corinthians 10:3-5, Proverbs 4:23, Jeremiah 12:3)
- 2 EXCHANGE TOXIC THOUGHTS FOR SPIRITUAL ONES.  
(Philippians 4:8-9, Romans 12:2, Psalm 104:34 NLT)

# REALife Application

These talking points, questions, and scriptures are designed to help you take the next step.

Looking back at your notes from this week's teaching on, was there anything that particularly caught your attention, challenged or confused you?

### **The Main Idea:**

Change your thinking by capturing destructive thoughts and then fixing your thoughts on spiritual things.

### **Key Questions:**

What destructive thoughts do you need to capture?

How have your destructive thoughts affected you?

**Optional Questions:** If needed, include one or more of these scriptures and questions to extend your conversation.

With your Bible or Bible App, read and discuss Romans 12:2, 2 Corinthians 10:3-5, and Philippians 4:8-9

What do you think might be the cause of your destructive thoughts?

What kind of difference have you seen in your life when you focus your thoughts on spiritual things instead of destructive thoughts?

What ministry opportunities do you see around you? Which ones do you feel called to act upon?

Jesse said 'It's not what you do. It's who you are.' Are you living this out in your life? If so, how are you living it out?

### **Next Steps:**

What steps will you take to fix your thoughts on spiritual things?

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## HOW DO YOU CHANGE THE WAY YOU THINK?

*2 thoughts to apply*

❶ \_\_\_\_\_ AND \_\_\_\_\_ TOXIC THOUGHTS.  
(2 Corinthians 10:3-5, Proverbs 4:23, Jeremiah 12:3)

❷ \_\_\_\_\_ TOXIC THOUGHTS FOR \_\_\_\_\_ ONES.  
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