

## Discretion, Part 2

Review from April 1, 2008...

What is the most powerful influence in your life?  
Answer: Thoughts

Discretion is "the ability to make responsible decisions and judgments as a result of separating or distinguishing right thought."

### The Significance of Your Thought Life

- Your thoughts develop your identity.
- Your thoughts define your integrity.
- Your thoughts determine your destiny.

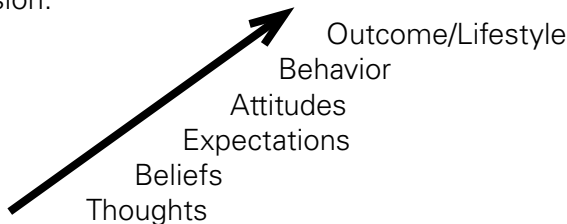
### The Secret to Your Thought Life

When harmful, distracting thoughts creep into the mind, many people assume they need to begin a "Think...Resist" program. It's not a *resistance* program that is needed, but a *presence* program. Philippians 4:8 tells us that we should "think about these things":

#### Discretionary Outcome

Is it true? Is it honorable? Is it just? Is it pure?  
Is it lovely? Is it commendable?

Why are these "things" so important? Your *thoughts* determine your *outcome/lifestyle*. Here's the progression:



Core secret: God made you with the ability to think (concentrate) on one thing at a time—One@Time.

What are you thinking?

"Keep your mind off the things you don't want by keeping it on the things you do want."

—W. Clement Stone

### The Security of Your Thought Life

**1. Start your day with a surrender of your mind to the Lord.**

*You keep him in perfect peace whose mind is stayed on you, because he trusts in you. —Isaiah 26:3*

**2. Develop discretion through the wisdom of God's Word.**

*Oh, how I love all you've revealed; I reverently ponder it all the day long. Your commands give me an edge on my enemies; they never become obsolete. I've even become smarter than my teachers since I've pondered and absorbed your counsel. I've become wiser than the wise old sages simply by doing what*

# intentionality

*you tell me. I watch my step, avoiding the ditches and ruts of evil so I can spend all my time keeping your Word. —Psalm 119:97-100 (MSG)*

**3. Pray and ask God to guard your thoughts through the day.**

I have a simple prayer I say when I want to guard against my mind wandering to a certain thought. It is simply, "Don't let me go there!"

**4. Drop thoughts that are unnecessary, intrusive or injurious.**

"If you are distressed by anything external, the pain is not due to the thing itself, but to your own estimate of it; and this you have the power to revoke at any moment." —Marcus Aurelius

**5. Remember, you are what you think!**

The first step to a better life and the last step toward personal disaster all begin in the mind. Develop discretion and use it to live life to the fullest!

- Think responsibly.
- Think reflectively.
- Think rationally.
- Think relationally.
- Think "revelationally."

*Don't let the world squeeze you into its own mold, but let God remold your mind from within, so that you may prove in practice that the plan of God for you is good, meets all his demands, and moves toward the goal of true maturity. —Romans 12:2 (Phillips)*