

“Most people are oblivious to their habitual way of thinking...

Most of your thinking is more like background noise while you engage in other activities. Yet behind everything you do is a thought, and each individual thought contributes to your overall character.

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How well your mind works dictates how much joy you experience, how successful you feel, and how well you interact with other people. No area of your life is untouched by your thoughts. Your habitual thinking patterns either encourage you toward excellence or nudge you into weakness.” —Tommy Newberry

-.002.tiff

⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

—Philippians 4:8-9 ^{ESV}

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“Peace is not the absence of problems, but learning to think and relate rightly to God in all things.”

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Prayer is More About Thoughts Shaped Than Words Expressed

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⁷And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸Do not be like them, for your Father knows what you need before you ask Him. ⁹Pray then like this: “Our Father in heaven, hallowed be Your name. ¹⁰Your kingdom come, Your will be done, on earth as it is in heaven.” —Matthew 6:7-10 ^{ESV}

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Prayer Directs Our Thoughts to the
Character of God Rather Than the
Conversations and Circumstances of Life

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“Finally, folks, whatever is untrue,
deceitful, dishonorable, unjust,
impure, filthy, hateful, vicious,
despicable and worthy of
criticism, think on these things!”

—Philippians 4:8 NPT
(Negative Paraphrase Translation)

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“Negative thinking corrupts your
brain and triggers harmful mental
states such as anxiety, moodiness,
depression, and irritability. Unless you
train your mind constructively, your
thinking becomes automatic, impulsive
and often erroneous. Your thoughts
often misrepresent reality by bending,
distorting, deleting, exaggerating and
otherwise manipulating the truth.”

—Tommy Newberry

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Prayer Invites God’s Security Rather
Than the World’s Hack Into Your Soul

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⁴For the weapons of our warfare are
not of the flesh but have divine
power to destroy strongholds.

⁵We destroy arguments and every
lofty opinion raised against the
knowledge of God, and take every
thought captive to obey Christ, ⁶being
ready to punish every disobedience,
when your obedience is complete.

—2 Corinthians 10:4-6 ESV

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²⁸And since they did not see fit
to acknowledge God, God gave
them up to a debased mind to
do what ought not to be done.

²⁹They were filled with all
manner of unrighteousness, evil,
covetousness, malice.

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They are full of envy, murder, strife, deceit, maliciousness. They are gossips, ³⁰slanderers, haters of God, insolent, haughty, boastful, inventors of evil, disobedient to parents, ³¹foolish, faithless, heartless, ruthless.

—Romans 1:28-31 ESV

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¹⁷Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.

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¹⁹They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰But that is not the way you learned Christ!

—Ephesians 4:17-20 ESV

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“In secularism, all life, every human value, every human activity must be understood in light of the present time... What matters is now and only now. All access to the above and beyond is blocked. There is no exit from the confines of this present world.” —R. C. Sproul

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Prayer That Reshapes Your Thoughts
Will Redirect Your Actions

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What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. —Philippians 4:9 ESV

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“Sow a thought, reap a deed; sow a deed, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.”

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1. Shape each day with Scripture.

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2. Write and rehearse a profile of God's character.

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Who is God? (12 attributes)

God is...

- A Personal Spirit
- All-Powerful
- Ever-Present
- Fully Knowing
- Sovereign
- Holy
- Love
- Absolute Truth
- Just
- Faithful
- Unchanging
- Good

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3. Surround yourself with thinking activists.

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4. Count on God's presence in your circumstance.

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