

"SOW A THOUGHT, REAP A DEED; SOW A DEED, REAP A HABIT;
SOW A HABIT, REAP A CHARACTER;
SOW A CHARACTER, REAP A DESTINY."

-.001.tiff

"THE IDEAS AND IMAGES IN MEN'S MINDS ARE THE INVISIBLE
POWERS THAT CONSTANTLY GOVERN THEM."
—JONATHAN EDWARDS

-.002.tiff

"MOST PEOPLE ARE OBLIVIOUS TO THEIR HABITUAL WAYS OF
THINKING... MOST 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.
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

-.003.tiff

⁴REJOICE IN THE LORD ALWAYS; AGAIN I WILL SAY, REJOICE.
⁵LET YOUR REASONABLENESS BE KNOWN TO EVERYONE. THE LORD
IS AT HAND; ⁶DO NOT BE ANXIOUS ABOUT ANYTHING.

-.004.tiff

BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH
THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD.
⁷AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING,

-.005.tiff

WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.
⁸FINALLY, BROTHERS, WHATEVER IS TRUE, WHATEVER IS HONORABLE,
WHATEVER IS JUST, WHATEVER IS PURE, WHATEVER IS LOVELY,

-.006.tiff

WHATEVER IS COMMENDABLE, IF THERE IS ANY EXCELLENCE, IF THERE IS ANYTHING WORTHY OF PRAISE, THINK ABOUT THESE THINGS.
—PHILIPPIANS 4:4-8

-.007.tiff

"THE CHARACTER OF YOUR THOUGHTS
WILL DETERMINE THE QUALITY OF YOUR LIFE."

-.008.tiff

I. TACKLE TOXIC THOUGHTS

-.009.tiff

"ANXIETY IS A PERVASIVE, INNER FEELING OF NERVOUSNESS,
UNREST OR UNEASINESS THAT CONSUMES OUR THOUGHTS
AND LASTS FOR AN EXTENDED PERIOD OF TIME."

-.010.tiff

"ANXIETY IS A THIN STREAM OF FEAR TRICKLING THROUGH THE MIND. IF ENCOURAGED, IT CUTS A CHANNEL INTO WHICH ALL OTHER THOUGHTS ARE DRAINED." —ARTHUR SOMER ROCHE

-.011.tiff

"ANXIETY IN THE HEART OF MAN CAUSES DEPRESSION,
BUT A GOOD WORD MAKES IT GLAD."
—PROVERBS 12:25 NKJV

-.012.tiff

- FEAR OF WANT
- FEAR OF FAILURE
- FEAR OF REJECTION
- FEAR OF DEATH
- FEAR OF SUFFERING

-.013.tiff

2. TEST TRUSTWORTHY THOUGHTS

-.014.tiff

"THE HUMAN MIND WILL ALWAYS SET ITSELF ON SOMETHING AND PAUL WISHED TO BE QUITE SURE THAT THE PHILIPPIANS WOULD SET THEIR MINDS ON THE RIGHT THINGS.

-.015.tiff

THIS IS SOMETHING OF THE UTMOST IMPORTANCE, BECAUSE IT IS A LAW OF LIFE THAT, IF A MAN THINKS OF SOMETHING OFTEN ENOUGH, HE WILL COME TO THE STAGE WHEN HE CANNOT STOP THINKING ABOUT IT.

-.016.tiff

HIS THOUGHTS WILL BE QUITE LITERALLY IN A GROOVE OUT OF WHICH HE CANNOT JERK THEM. IT IS, THEREFORE, OF THE FIRST IMPORTANCE

-.017.tiff

THAT A MAN SHOULD SET HIS THOUGHTS UPON THE FINE THINGS AND HERE PAUL MAKES A LIST OF THEM."
—WILLIAM BARCLAY

-.018.tiff

• THE RELIABILITY TEST—TRUE?

-.019.tiff

"MOST OF OUR EMOTIONAL STRUGGLES, RELATIONAL
DIFFICULTIES AND SPIRITUAL SETBACKS ARE CAUSED BY LIES
THAT WE TELL OURSELVES AND WE BELIEVE..."

-.020.tiff

THE LONGER A LIE IS REPEATED AND PERPETUATED
IN OUR MINDS, THE MORE CONVINCED
WE ARE OF ITS TRUTH...

-.021.tiff

THOUGHTS PRODUCE AFTER THEIR OWN KIND:
LIES PRODUCE DEATH; TRUTH PRODUCES LIFE."
—DR. CHRIS THURMAN

-.022.tiff

• THE QUALITY TEST—HONORABLE?

-.023.tiff

• THE INTEGRITY TEST—JUST?

-.024.tiff

• THE PURITY TEST—PURE?

-.025.tiff

• THE CHARITY TEST—LOVELY?

-.026.tiff

• THE MEMORY TEST—COMMENDABLE?

-.027.tiff

• THE SUPERIORITY TESTS—
ANYTHING EXCELLENT, WORTHY OF PRAISE?

-.028.tiff

"WHATEVER WE PLANT IN OUR SUBCONSCIOUS MIND AND
NOURISH WITH REPETITION AND EMOTION WILL ONE DAY
BECOME A REALITY." —EARL NIGHTINGALE

-.029.tiff