TO RENEW A THOUGHT (Based on Phil 4:4-9, Eph 4:22-24; Rom 12:2)
(When overcome by emotions, circumstances or temptation)

1. Stop and focus—be aware of what you are thinking (and believing, and/or doing), in reference to the circumstances…remembering *the Lord is at hand (Phil 4:5)*.

2. Pray (turn to the Lord Jesus)—*Make your request known with thanksgiving* (Phil 4:6)

3. Assault wrong thinking (with Truth)—*Think on these things.* (Phil 4:8—take inventory, estimate, conclude) God's Character, Promises, God's perspective, gospel realities, commands, Christlikeness

4. Repent of the old, put on the new, repeatedly—*Be renewed in the spirit of your* mind… (Prayerfully) God glorifying, hopeful, thankful, trusting, holy, God and others focused, Obedience producing thoughts (Eph 4:23)
   —*Think* [Keep on thinking]*on these things…* . (Phil 4:8)
   —*Put on the new self, created after the likeness of God.*
   This includes thoughts. *(Eph 4:24)*
   —*What you have learned and received and heard and seen in me, practice [do] these things (Phil 4:9)*

Consider also:

1Tim 4:7 —*Exercise yourself unto godliness*
Col 1:29 —*For this purpose also I labor, striving according to his power, which mightily works within me.*
2Cor 9:8 —*And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.*
John 15:5 —*for apart from Me you can do nothing*
Ps 105:4 —*Look to the Lord and His strength; seek His face continually.*

2 Cor 10:5-6 Phil 4:6-9 1Thess 5:17 Jer 20:12 Pro 4:23 Ps 19:14 Ps 15:2; 14:1
2 Cor 11:3 Col 3:1-2, 16 Eph 4:22-23 Heb 4:12 Rom 12:1-2 1Pet 1:13 Rom 10:6

The following form is helpful when emotions are overwhelming, thought patterns have been ingrained for years, and for very difficult memories, flashback and panic attacks. The one who perseveres to specifically renew thinking in prayer, and in the moment, will walk *at liberty* to glorify and worship God, because they have sought and applied His precepts (Ps 119:45). Renewing the mind will make overwhelming emotions, fears, and confusion, subside.

Provide verse resources for the cousnelee.

These same steps can be followed in a simpler way for less ingrained or or less emotionally charged thoughts.

RENEWING A THOUGHT WORKSHEET

Philippians 4:4-9

Rom 12:2; Ja 4:6

STOP

What happened or is happening? ← *Be brief* →	What did I do or am I doing in response, overall?

FOCUS

What was/am I thinking and feeling?

Please formulate thinking into individual thoughts. Ask the Lord for help to think clearly, be honest, and then turn!

(Acknowledge and turn quickly to *The Lord who is at hand* (Phil 4:5)

PRAY

Make your request: What can I ask Jesus for? (Phil 4:6) *(forgiveness, help, and/or a desire w/ an open hand?)*	*With thanksgiving:* What can I thank Jesus for? (Phil 4:4; 6) *(briefly: about Him, the request, my relationship to/with Him, or the situation-make this relative to your thoughts)*

TARGET

What is my bottom-line thinking to renew with God's help (Rom 12:2)? *(only one complete thought/belief from above).*

Circle or highlight topics in your thought and place each below under Topics/Beliefs (add more related topics if necessary).

Stuart and Zondra Scott 2018

Think on these things (Phil 4:6):

TOPICS/BELIEFS *(From Above)*	BIBLICAL TRUTH/REALITIES *God's Character, Promises, Commands, Perspective, & Gospel Realities (Phil 4: 8; Rom 12:2)*	SCRIPTURE *Write Verses Out* *Complete on Back If Needed*

A S S A U L T

Stuart and Zondra Scott, 2018

Anything I need to confess (Ja 4:6)? *(beliefs, thoughts, actions—not trusting Him, like Him, nor Glorifying to Him?)*

Did I want or "need" something more or rather than God himself & pleasing Him? What? *(This may indicate a prevailing Idol or false refuge to forsake.)*

_____

A P P L Y & R E P E N T

My New Thought (Phil, 4:8; Rom 12:2): *(Make it a prayer and thankful, hopeful, trusting, holy. Include Scripture. Attack the old thought. Make it God and other's focused like Jesus.)*

Transfer all your new thoughts to an index card for review and future need on the spot.

Once I have reviewed and used the above for a week or two, what phrase and verse might act as a watershed to the right heart and right thinking?

Am I committed to renew the old thought w/ the new one in the future each time (Phil 4:8; Rom 12:2)? _____

What you've learned, and received and seen in me, do: Is there anything God would want me to DO about the situation to obey, or to improve or to change it (Phil 4:9)?

If So, what (v. 9)? _____

_____

Stuart and Zondra Scott 2018