

30-Day Think Sheet

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*Read in a mirror to yourself, or simply read to yourself. This could take 10-15 minutes. Do this when you wake up each day for 30 days. **Do as much or as little as you decide each day.***

If you need it longer, go for it! You'll probably need to do this periodically, perhaps every day of your life. It is based on the concepts about how we think in Philippians 4:8-9, Romans 12:2, Proverbs 4:23, and Mark 7:20-23.

Read through this list. Sometimes, pause and reflect on one or two:

- "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

(Philippians 4:8)

- I am a valuable person because God designed me. (Ps 139:13)

- I can set goals for my future, achieve them & seek advice from wise people. (Pr 21:5/Pr 15:22)

- The Holy Spirit will produce patience, joy, and peace in me as I connect with God. (Gal 5:22-25)

- God gave me intelligence, and wants me to use it for good purposes. (1 Cor 14:19)

- I can be generous with my money, and God will take care of me. (Matt 6:2-4,19-24)

- I will forgive people who wrong me. Jesus died for me; I should have the same attitude. (Phil 2)

- I have a Church where there are people willing to love and forgive me. (Phil 2)

- The people in my Church, even the leaders, need my love and forgiveness too. (Eph 5:28-32)

- I will meet people today, created by God, who don't know him yet. They need the gospel and Church. I can share it. (Ps 105:1, Matt 5:15-16, Matt 28:19-20, Rom 10:10-17)

- God gave me gifts and talents that I can develop. (1 Cor 12)

Fill in with your kid's, boss, friend, spouse, or whoever needs to fit in here today:

- I can be patient, gentle, and kind with _____ - even when giving correction.
- I can take time to listen and understand _____'s point of view. I am a loving person.

Pick 1-3 of these each day and think about it: (from Philippians 4:8)

- Something **true** about God, from God's word, or about the gospel...
- Something **noble** or honorable, a time when someone did the right thing even though it was hard...
- Something **right** that is in harmony with God's standard...
- Something **pure** with no hint of sin; like someone content in life, or a child learning about God...
- Something **lovely** like a song that is well written with good lyrics, wonderful art, etc...
- Something **admirable** or virtuous. A behavior someone day that deserves a thumbs up and a head nod...
- Something **excellent** that has a WOW factor to it. Like, Jesus dying for you though you sinned...
- Something **praiseworthy** that deserves applause like someone giving their last dollar to a hungry friend or someone opening their home to children or adults that need a place to stay...

Pick 1-2 of these Scriptures and think about it:

- If anyone is in Christ, he is a new creation; the old has gone, the new has come!(2 Corinthians 5:17)
- The Lord is my light and my salvation- whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid? (Psalm 27:1)
- We fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (2 Cor 4:18)
- The world and its desires pass away, but whoever does the will of God lives forever. (1 John 2:17)
- It is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God (Ephesians 2:8)

Add a few lines of your own.

What do you *want* to think about each day? What do hope is true of you? What do you love about God?