

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—note the circumstances and 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 wrongthinking (Truth)—*Think on these things.* (Phil 4:8—take inventory and apply truth, for a new, personalized (prayerful) thought using verses of God's character, promises, perspective, gospel realities, and commands, in Christ-likeness: hopeful, thankful, trusting, holy and God and others focused.
4. Repent of the old, put on the new, repeatedly —*Be renewed in the spirit of your mind...*(Eph 4:23).
(Prayerfully)
Review and utilize (pray it in) in the moment
--- *Put off the old self...and Put on the new self, created after the likeness of God (Eph 4:22,24)*
—*Think [keep on thinking] on these things...*
(repeated as needed-Phil 4:8).
--- *What you have learned and received and heard and seen in me, practice [do] these things (what wise or obedient action is needed- 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 Rom 12:1-2 Rom 10:6 Ps 19:14 2

Cor 11:3 Col 3:1-2,16 Eph 4:22-23 Heb 4:12 1Pet 1:13 Pro 4:23 Ps 15:2;14:1

The following form is helpful when emotions are overwhelming, thought patterns have been ingrained, and for very difficult memories, flashbacks and/or panic attacks. The one who perseveres to specifically and personally renew thinking in prayer and in the moment, will walk *at liberty* and glorify God, because they have sought and applied His precepts (Ps 119:45). Renewing the mind will cause overwhelming emotions, fears, and confusion to subside. More importantly you will be obeying and loving God, and bring Him glory.

Work on a thought with the counselee. Provide verse resources for the counselee as needed.

These same steps can be done in a simpler way than the following, for less ingrained or less emotionally charged thoughts.

RENEWING A THOUGHT WORKSHEET

Philippians 4:4-9

(and Romans 12:2; James 4:6)

S
T
O
P

What happened or is happening? ← *Be brief* →

What did I do or am I doing in response, overall?

F
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C
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S

What was/am I thinking and feeling?

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

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

P
R
A
Y

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- relative to your thoughts)

T
A
R
G
E
T

What is my bottom-line thinking to renew with God's help (Rom 12:2)? A 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).

Think on these things (Phil 4:6):

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

A
S
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T

Anything I need to confess (Ja4:6)? (*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.*) _____

MyNewThought (Phil,4:8;Rom12:2): (*Make it a prayer and thankful, hopeful, trusting, holy, and God and others focused like Jesus. Remember the gospel. Include Scripture. Attack the old thought. End with praise, and then a commitment and action for God.*)

A
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N
T

Transfer all your new thoughts to an index card for review and future use, 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, to improve it, or to change it (Phil 4:9)?

If so, what(v.9)? _____