

## Principled Thoughts

*(Isaiah 26:3) You will keep in **perfect peace** all who trust in you, all whose **thoughts are fixed on you!***

✓ **Consistently Regretful**

✓ **Regularly Angry**

✓ **Constantly Anxious**

✓ **Mostly Discouraging**

## How do we fix our thoughts?

### 1. Repent of unhealthy thoughts & actions.

*(Acts 3:19) "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."*

### 2. Replace your unhealthy thoughts with good ones.

*(Philippians 4:8) "Finally, brothers and sisters, 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."*

Speak biblically.

*(Psalms 45:1) "My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer."*

*(Proverbs 3:3) "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart."*

*(Proverbs 4:23) "Above all else, guard your heart, for everything you do flows from it."*

### **3. Resist Un-Godly attacks.**

*(James 4:7-8 NIV) "Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."*

If it isn't biblical, don't let it in.