



_____ **TOXIC THINKING**

Watch over [*guard*] your heart with all diligence, For from it *flow* the springs of life. - Proverbs 4:23

- ☐ 1. _____ **Thinking** ("I can't do anything right"; "Bad things always happen to me")
- ☐ 2. _____ **Thinking** ("That's the way I was raised"; "I do what I do because they did what they did")
- ☐ 3. _____ **Thinking** ("I really want . . .")
- ☐ 4. _____ (_____) **Thinking** ("What if my husband/wife leaves me?"; "How am I ever going to make it financially?")
- ☐ 5. _____ **Thinking** ("They can't really think that's good?"; "This place would fall apart without me.")

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for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵ *We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ, - 2 Corinthians 10:4-5

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And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. - Philippians 4:7-8

The Result = The _____ of Your Thinking

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. - Romans 12:2