

Is Your Train of Thought on the Wrong Track?
Change Your Thoughts – Change Your Relationship

As a man thinks within himself, so is he. (Proverbs 23:7)

We _____ what we think and _____ on

➤ **We are Body, Soul & Spirit**

1. Soul = Intellect, Emotions & Will

1) Our Will (Choosing) = _____

2) Our Mind (Thinking) = _____

3) Our Emotions (Feelings) = _____

4) Our Actions = middle boxcar

2. If you change your thinking, you will change your _____.

And Jesus said, “The things that come out of people are the things that make them unclean. All these evil things begin inside people, in the mind: evil thoughts, sexual sins, stealing, murder, adultery, greed, evil actions, lying, doing sinful things, jealousy, speaking evil of others, pride, and foolish living. All these evil things come from inside and make people unclean.” (Mark 7:20-23 NCV)

➤ **How Do We Tend to Think?**

Thot-Talk Definition: Internal conversations with ourselves – messages we tell ourselves about ourselves, our spouse, our experiences, the past, future, God, etc.

_____ Thot-Talk is “Stinkin’ Thinkin’.”

1. How we _____ and how we _____ are determined by our THOT-TALK.

2. Negative THOT-TALK (Stinkin’ Thinkin’) is almost always _____.

3. It _____ our attention on ourselves, not on our mates or family.

Results of Stinkin' Thinkin' => PAIN & MISERY

➤ **How are we Commanded to _____?**

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. Think about things that are **excellent** and **worthy of praise**. (Phil. 4:8 NLT)*

➤ How Do You Change Your Thinking?

1. Keep _____ of your thoughts: *Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ (I Peter 1:13 KJV)*
2. Realize you have the Power to _____ : *So I say, "My splendor is gone and all that I had hoped from the Lord. I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is down-cast within me. **Yet this I call to mind and therefore I have hope:** Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. **I say to myself,** "The Lord is my portion; therefore I will wait for him." (Lamentations 3:18-24)*
3. _____ for help : *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:4-5)*
4. _____ them : *Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Rom. 12:2 NIV)*

➤ Conclusion

Now that you know these things, DO THEM. That is the path of blessing. (John 13:17 LB)

We can _____ our Stinkin' Thinkin' one day at a time!

➤ Couple Sharing

1. How has Stinkin' Thinkin' been affecting our relationship? Is there any reconciliation needed between us? (Take time to seek and give forgiveness.)
2. When your mate recognizes Stinkin' Thinkin' in you, what would you permit them to do to let you know without your taking offense? (Both answer.)
3. Talk about some definite steps you are going to take this week to get your mind on the right track.