



# GUIDED BIBLE STUDY

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## **Clean the Thought Closet**

**Speaker: Julie Pedroza**

### **Highlighted Scripture**

**Psalms 139:23–24**

**Invite God to search your heart and examine your thoughts. Ask Him to reveal anything harmful or misaligned within you and to lead you in the path that brings lasting life.**

### **Discussion Questions**

- **What does Julie mean by a “thought closet,” and what might be in yours right now?**
- **Why do you think unprocessed anxiety often turns into anger?**
- **What is the difference between reacting emotionally and responding thoughtfully?**
- **How can inviting God to search your heart change the way you handle stress or conflict?**
- **Why is it important to examine your thoughts daily rather**

**than occasionally?**

## **Reflection Challenge**

**This week, focus on becoming more aware of your thoughts and how you respond to situations.**

**Ask yourself:**

- **What negative thoughts or emotions am I allowing to stay unchecked?**
- **Do I tend to react quickly, or take time to respond thoughtfully?**
- **Am I regularly inviting God to examine my heart and mind?**

**Try this:**

- **Pause before responding in difficult moments and take a breath before speaking**
- **Spend a few minutes each day asking God to reveal any anxious or harmful thoughts**
- **Write down one recurring negative thought and replace it with truth from Scripture**

**Remember**

- **What you allow into your mind will eventually shape your actions**
- **Responding with wisdom reflects God's character more than reacting in emotion**
- **God cares about your thoughts, not just your actions**

• **Daily surrender leads to lasting transformation**

## **Prayer**

**Father God,**

**Search my heart and reveal anything in me that does not align with You.**

**Help me to recognize anxious or harmful thoughts before they take root.**

**Teach me to respond with wisdom, patience, and love instead of reacting in emotion.**

**Renew my mind daily and lead me in Your truth.**

**In Jesus' name,**

**Amen.**













