



GUIDED BIBLE STUDY

Think About What You Think About

Speaker: Jill Smith

Highlighted Scripture

Philippians 4:8

Believers are encouraged to intentionally dwell on what is true, honorable, pure, uplifting, and worthy of praise. Our minds are not meant to be ruled by fear or negativity, but shaped by what reflects the character and goodness of God.

2 Corinthians 10:5

We are called to take harmful or misleading thoughts captive and bring them into alignment with Christ.

Romans 12:2

God transforms us as our minds are renewed, helping us discern His will and live differently from the patterns of the world.

Discussion Questions

- **What kinds of thoughts most often dominate your mind—peace-giving or peace-stealing ones?**

- **Why do you think Scripture places so much emphasis on renewing the mind?**
- **What does it practically look like to “take thoughts captive”?**
- **How have negative thought patterns affected your peace or spiritual walk?**
- **What “good reports” in your life can you intentionally return to when worry or fear arise?**

Reflection Challenge

Focus on becoming more aware of your thought life and intentionally redirecting it toward truth.

Ask yourself:

- **Are my thoughts aligned with what is true and life-giving?**
- **What recurring thoughts may need to be surrendered to God?**
- **Am I feeding my mind more with fear or with truth?**

Try this:

- **Make a list of personal “good reports” or evidences of God’s faithfulness**
- **When anxious or negative thoughts arise, pause and replace them with a truth from Scripture**
- **Put one encouraging biblical truth somewhere visible this week (phone, mirror, notebook, etc.)**

Remember

- **Your thoughts shape your peace more than you may realize**
- **Not every thought deserves agreement or attention**
- **Renewing the mind is a daily spiritual discipline**
- **God has given you truth to combat fear and discouragement**

Prayer

Father God,

Thank You for caring not only about my actions, but also about my thoughts.

Help me become aware of thinking that is not aligned with Your truth.

Renew my mind and teach me to dwell on what brings life, peace, and hope.

Give me wisdom to take thoughts captive and turn my heart toward You.

In Jesus' name,

Amen.

